
FAQ:

- What do I answer first: origins, powers or mission?

- The process, is up to you. You can read any page first, let your intuition and your current situation guide you.
You need to do what works best for you in order to get the result that works best you.

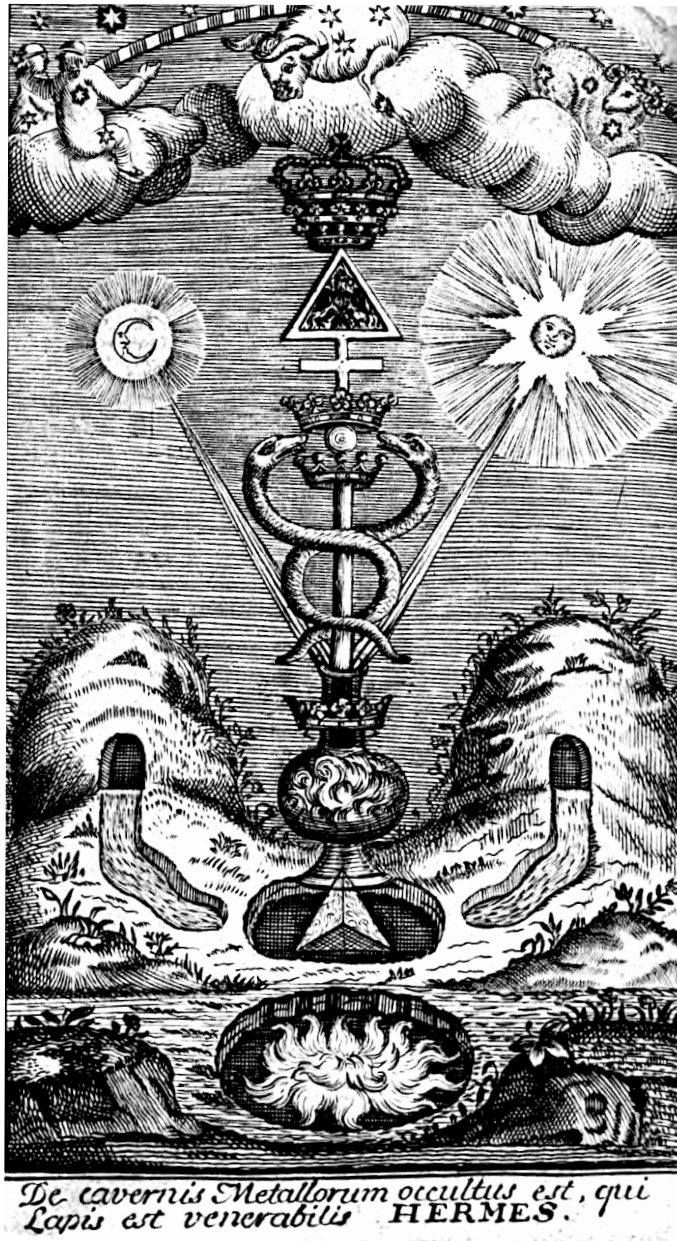
Focus on the dance of yourself. To what tune will you dance, and to what magic will you perform, and to what heights will you be willing to push consciousness, to give it a new definition of possibilities. -

Bringers of dawn, Barbara Marciniak



The Human Experience
DESIGN UR TERRA
AVATAR & ADVENTURE
Ur Life, Ur Choice Avatar & Adventure
PLAN & PACK FOR UR MISSION

U ARE THAT GAME!



Curious scrutator of all nature,
 I have seen gold thick in the depths of the double mercury.
 I have seized its substance and surprised its changing.
 I explain by that art the soul with the womb of a mother,
 Make its home, take it away, and as a kernel
 Placed against a grain of wheat, under the humid pollen;
 The one plant and the other vine-stock, are the bread and wine.
 NOTHING was, God willing, NOTHING became something,
 I doubted it, I sought that on which the universe rests,
 NOTHING preserves the equilibrium and serves to sustain.
 Then, with the light of praise and of blame.
 I theyighed the eternal, it called my soul,
 I died, I adored, I knew NOTHING *more*."

*PHILOSOPHICAL SONNET, St. Germain,
 Translated by Manley Palmer Hall in Sages & Seers.
 mage: BIBLIOTHEQUE MUNICIPALE DE LYON*



VISITING TERRA INSIDE A HUMAN CONTAINER

THE HUMAN RAZE IS A BIRD-REPTILE COMBINATION:

The 2 Creation Opposites, Binah-Yin & Kether-Yang.

THE HUMAN GOD IS AN ALIGNED HUMAN:

CHOCKMAH, the Balance Between the 2.

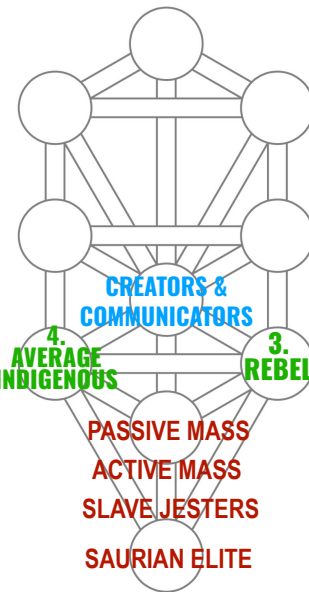
FAQ:

Where Humans came from?

Terra is located at Metatron, a Binary Universe. This means, everything is binary, everything is created in a binary way, so there is always 2 opposite answers both equally True.

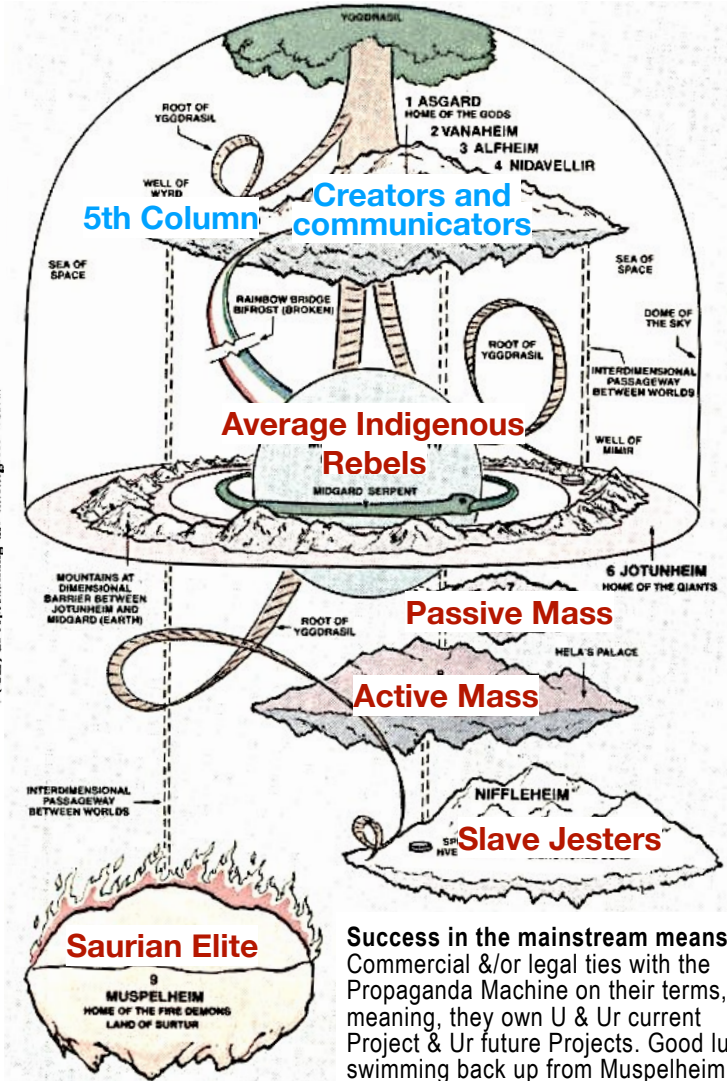
Binary Stars, binary evolution:

- Humans organically involuted from birds: mythologically, angels who lost their wings. This are Independent Humans, able to risk it all for an ideal, and they will never conform to injustice and non-sense.
- Human synthetically created by reptilian razes to serve them. As dogs, they are fully dependant on their master and their mind grows no further than a 8 year old indigenous Human. The status-quo is who they are and their enemy is not the tyranny but agent of change.



Analogy of the divided line, Platon, The Republic, book 6.

The Divided Line - (AC) is generally taken as representing the visible world and (CE) as representing the intelligible world.^[1]

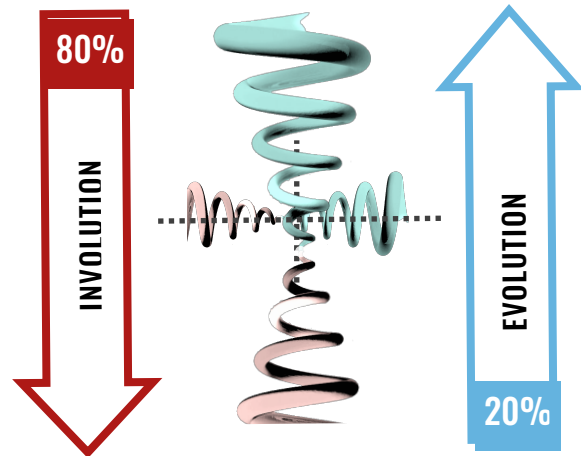


*Please Note: Life quality, and quality things, are not synonyms.

Planning your Trip to Terra: Worlds before Goals

BEWARE: CHOOSING UR DESTINY

Plan from the end goal: Financial freedom or slave of an evil industry?



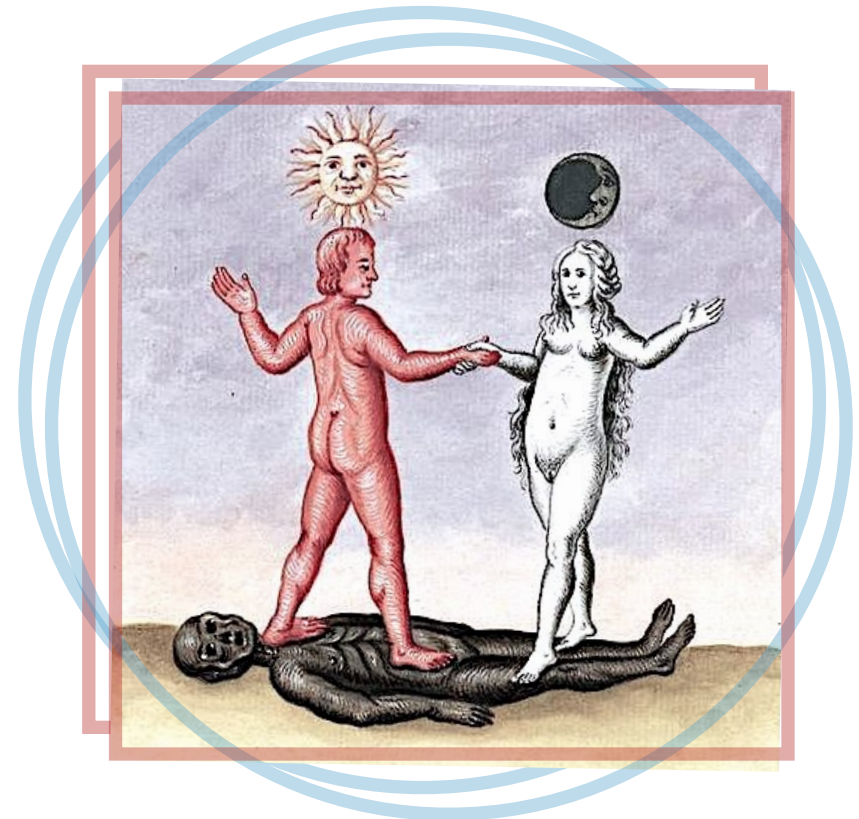
BEWARE OF:
“GOING WITH THE FLOW”
 CANCER CULTURE FLOW IS SICK CAOS

LIFE TENDS TO DEATH:
IF YOU FLOW YOU ARE A FLOWER,
BUT NOT A TREE

We never separate Light from Darkness,
 we make one expanded whole.

The light members challenge playing the Solar Raze:
 FORGIVENESS UPON ALL ARTIFICIAL CREATIONS:

“TO THESE BEING I EXTEND MY LOVE AND FORGIVENESS”



The Sacred Trinity:
Solve et Coagula

I don't have a type.
 If we vibe, we vibe.





Condition for being a hero: If a man wants to become a hero, the snake must first become a dragon otherwise he is lacking his proper enemy.
Nietzsche



Choose Ur Side **UR MISSION**

YOUR LIFE PRIORITY AT TERRA

Team Side, groups & goals | Choose tribe = Choose Side

UR MISSION IS YOUR PRIORITY.

Unless you know your mission and have aligned your life to it your core will feel empty. Your presence in the world will be weakened.

ROSICRUCIANS VAULT



Save Terran by
ELIMINATING
The Saurian Plague/leukemia

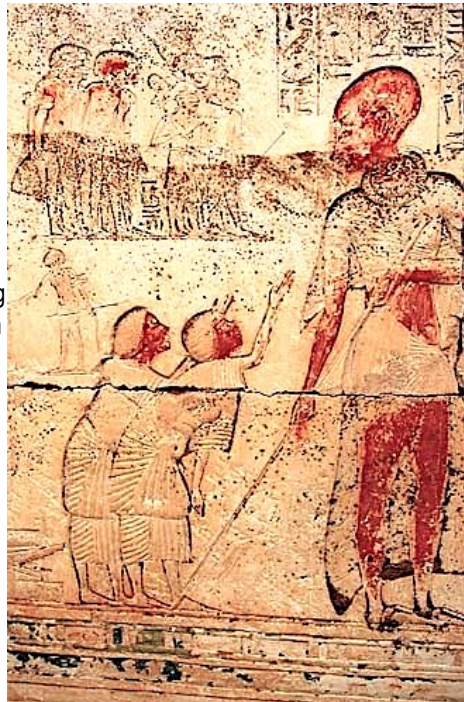
Eliminate the infection that is destroying the macro-cosmic-organism, chemotherapy is the last choice. Extirpate the cangrenado tissue.

YOU ARE BORN READY FOR THIS POSITION
ENFORCING THE NEED FOR SAURIAN CONTROL AND VIOLENCE
THE INVOLUTION OF MAMMALS INTO PARASITES

☒ Freedom = no ethics, limits, measure

FAQ & FACT:
Who is in this side:

- ☐ Saurians with more money than God + will & commitment to **make & control** the laws needed to govern the Extras in Terra, in order to avoid the systemic flood resulting from their uncontrolled liberation on Terra, as they historically & currently behave as a pest.
- ☐ Extras demanding the current authority to diminish, even more, their life extra-quality .
- ☐ Delusional criminals in need of professional help.



Save Terran by
ENLIGHTENING
The Saurian Slaves

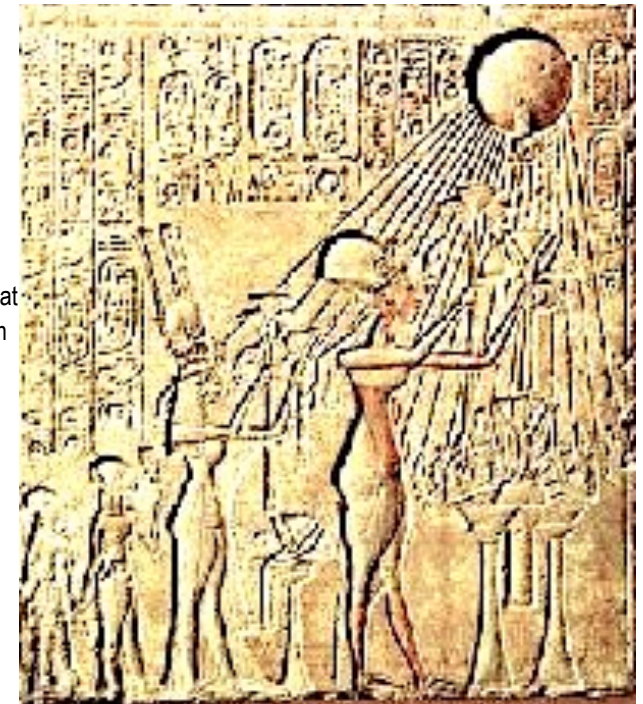
Show the cancer cells how to stop being a cancer and heal the sick tissue. Recover the damaged parts of the macro-cosmic-organism.

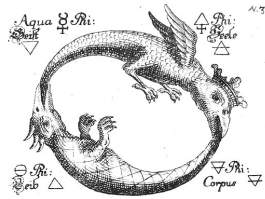
YOU, GET READY FOR THIS, NOW!
TOGETHER WE ARE GOING TO SAVE THE WORLD
THE (R)EVOLUTION STARTS RIGHT HERE, RIGHT NOW.

☒ Freedom = knowledge & w wisdom.

FAQ & FACT:
On this side:

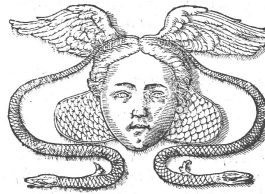
- ★ Hell is the other people around, so as Heaven.
- ★ Happiness does not came from what you have, but from what you have to share it.
- ★ Comfort is not happiness and it does came from what you have.





CHOOSE YOUR POWERS YOUR CORE WOUNDS

The Purpose of Fire
DARK VERSUS LIGHT



CHOOSE YOUR POWERS YOUR CORE ROOTS

The Genetic Abilities
THE ELEMENTAL FORCES

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Hedonic adaptation: Hedonic Relativism and planning the Good Society, Brickmann and Campbell's essay, 1971. Hedonic Treadmill metaphor, Michael Eysenck, 1990.

THE DARK TRIAD THEORY:

Psychology: toxic but non-pathological personality:

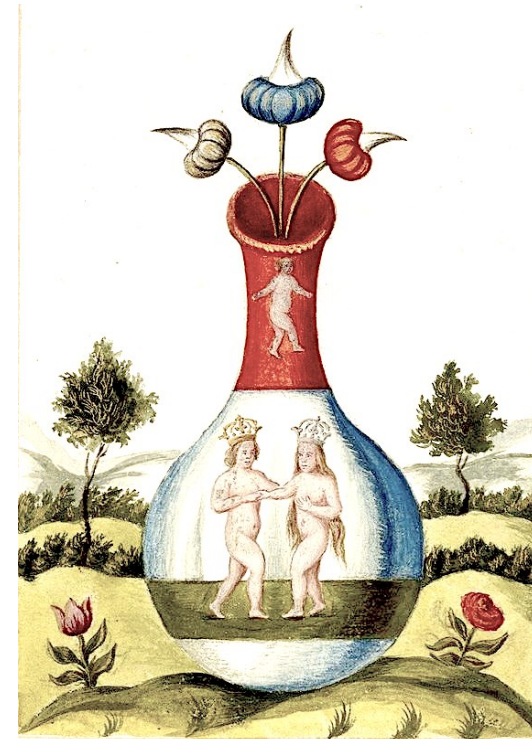
Creators of Dark Triad theory: Delroy L. Paulhus and Kevin M. Williams, 2002.

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Dra. Miryam Al-Fawal, derecho, criminologia cientifica. instintocriminal.science.

The Harpys' Child, Narcissistic Mother. narzissmus.org (Germany).

Recovering from NP abuse: Omar Rueda, Psychologist & Social educator (Spain).

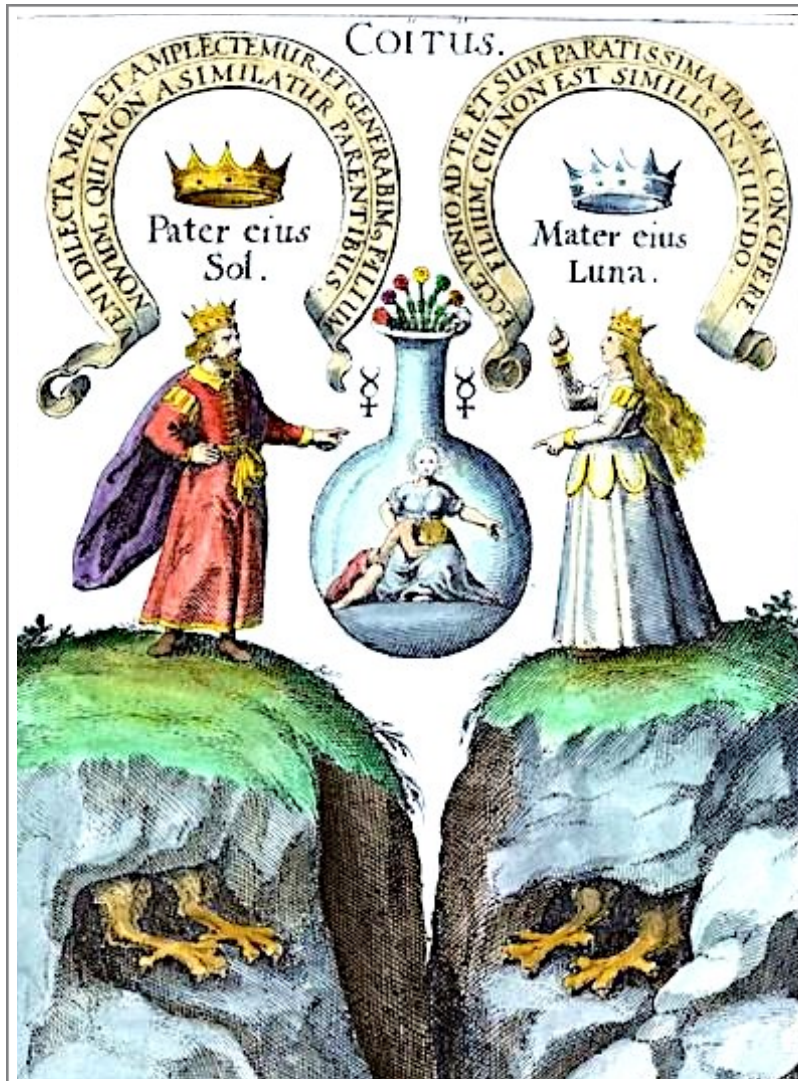


Choose Ur Family **ORIGINS**

DUNIA TALENTS & ROOTS AT TERRA
Flakes or feathers, jaws or beaks, wanderer or nest.

SOLVITIO PERFECTA:

Know what you need to learn and experience to expand & get to the next level. The bigger the challenge, the bigger the opportunity for grow and fulfilment. Or for collapsing before going anywhere.



Surface creatures with the feet grounded and head on the sky.

5 PARENTING STYLES

CHOOSE YOUR PARENTS

CHILDHOOD LIFESTYLE = ADULTHOOD BOUND*

IT IS NOT UR FAULT. IT IS UR JOB TO USE IT.

* CHILDHOOD WOUNDS:

You look for your parents unconsciously or consciously repel anything similar.

Example:

"I drink because my father was an alcoholic, drunkards make me feel at home."

"I do not drink or stand drunkards because my father was an alcoholic and they remind me of the hell I lived."

control ↑ ↑ support

DEMOCRATIC PARENTS

*U can count with them, but none too much.
As democracy, they are almost a myth.*

Children:

Good self-esteem, social skills and self-control.

control ↑ ↓ support

AUTHORITARIAN PARENTS

Children:

Irresponsible and aggressive.
Lack of self-control.

control ↓ ↓ support

NEGLIGENT PARENTS

Children:

Low self-esteem and social skills.
Difficulty following rules.

control ↓ ↑ support

PERMISSIVE PARENTS

Children:

Under self-control and perseverance,
lively and immature. Difficulty following rules

OVER-PROTECTIVE PARENTS

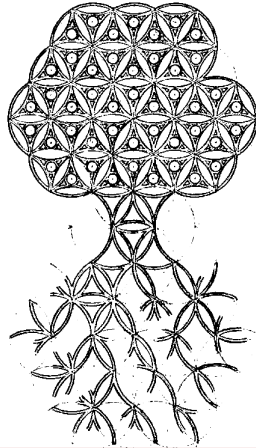
Children:

Egocentrism, manipulation, co-dependence.
Poor choices.

FACT:

Sometimes a role model does not work as good as, having people U do not want to be like, and seeing situations & people U do not want to be around.

Prince Buddha left the palace for the simple Life



**FACT: Only the trees whose roots touch hell,
reach heaven.**

HEALTHY ROOTS = Strength + Flexibility
Gratitude + Comprehension & Compassion + Explorer Minded.
Forgiving is understanding Ur Life Bound is U,
it is the root of your unique strength.

THE DARK AGES ARE BASED ON WHITE PRIVILEGE:
WHITE PRIVILEGE MEANS "GENOCIDE FRIENDLY"

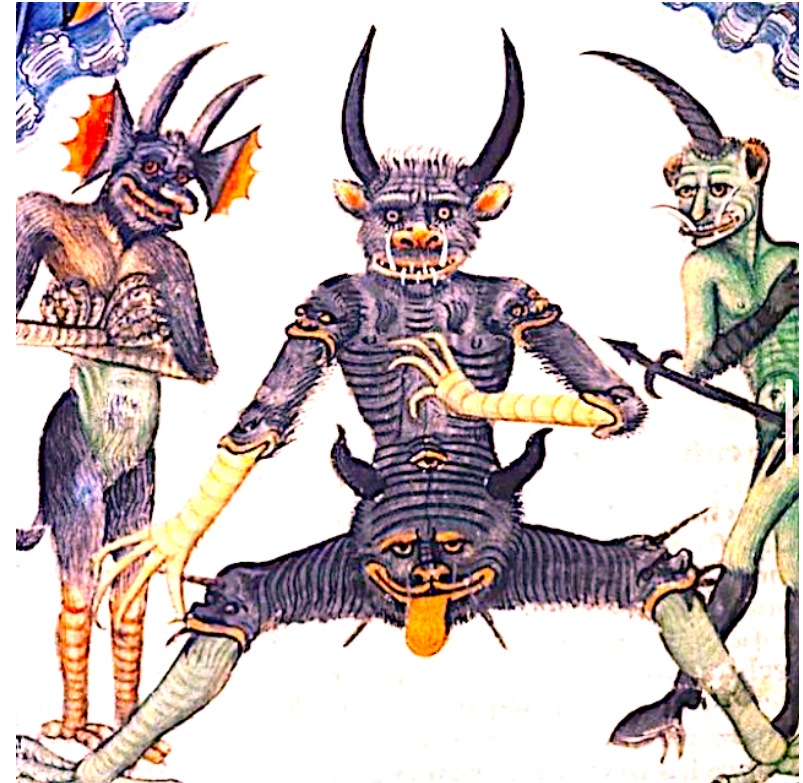
FAQ. Why to choose a dysfunctional family?

➡ To be raised with discomfort enables U to be an independent person that can build a Life, instead being a spoiled brat that never leaves the comfort home zone, a red flag for interesting successful people and good persons in general.

TIP TO AVOID STT & LOOPING:

Heal before having children so they do not have to heal from having U as a parent.

For a functional family that does not turn U into a self-absorbed genocide-supporter, renounce to White Privilege & choose parents from a vanishing tribe or a far away land.



"The Vigne Nostre Seigneur", 15th century, France.

Darkness as a means of life.

THE DARK TRIAD

EVIL = LACK OF EMPATHY

THEY MAKE THEIR WAY TO THE TOP, THEY ARE NOT KIND.

Surfaces and materialists. Intelligent, powerful and vain.

MENTAL DISORDERS THAT HAPPEN AS NORMAL IN SOCIETY*.

***Society = illness:** A profound violent system based on the survival of the most well adapted to its environment.

THE 2 MAIN TYPES OF INHABITANTS OF THE LOWER WORLD

Malignant Vampirismo: **SUPER SECONDARY**

única motivación: el sadismo.
único placer en la vida:
tu sufrimiento y su supremacía.

El villano irrelevante: **la maldad como protagonista.**

Una disertación sobre el mal y la locura, donde el argumento no son los logros personales del villano.

La sonrisa del vampiro: su objetivo es destruir al prójimo y miden su felicidad en base al sufrimiento que causan. Hacer daño a los demás es su forma de conseguir cierta paz interior.

Su enemigo es quien no se deja chupar la sangre, ni aplaude sus maldades.

No tienen reflejo, ellos son el reflejo.

No soportan la bondad porque les recuerda su miseria humana. La ridiculizan, banalizan o infantilizan.

Obsesionados con la extravagancia y lo artificial, desprecian lo natural y sencillo, sin conexión con Terra y la Luz.

Peace & harmony offend them:

Desorden Psicopático

Perversos: Incurable, solo cambian a peor. Empatía = Oxytocina: no segregan esta hormona, base de la biología Humana.

Sin capacidad orgánica para conectar con emociones superiores.

Sin interior, ni intereses.

Consciente: No quiere dejar de dañar, no se pregunta si es el problema.

Ausencia total de culpa y autocrítica, alto intelecto sin desarrollo de conciencia.

Classic Egocentrismo: **SINGLE SCENE**

única motivación: sí mismo.
único placer en la vida:
tu validación y su self indulgence.

Tirano sin calidad de "villano": **ni antagoniza ni protagoniza.**

Un villano es un ser complejo que tiene un objetivo mayor que sí mismo, como exterminar a la mitad de la raza humana para equilibrar el Universo, no ahogarlos a todos en una pataleta cósmica porque no le hacen caso (grow up!).

Los villanos interesantes tienen motivaciones que podemos entender, aunque no compartamos en absoluto.

El egocentrismo es aburrido, es la zona de comfort como horizonte. Moverse solo por egoísmo, es un guion con un conflicto irrelevante, sin goals ni stakes. Limita a repetir lo conocido y a relaciones superficiales que vacían aun más.

Pueden ser positivas, divertidas y amables, pero si se ven en la necesidad de hacer un mínimo esfuerzo por algo/alguien, se vuelven extremadamente nocivas.

Peace & harmony only while they gain:

Trastorno de la Personalidad.

Trastornados: Pueden repararse con voluntad de cambio, al ir terapia y desarrollar empatía (es poco probable).

Con interior e intereses.

Inconsciente: No piensa en el daño que causa, le daña hacer algo gratis.

Ausencia de relevancia: Su delirio solo es interesante como alivio cómico puntual.

EL MAL AJENO:

SENUTREN CAUSANDO ELMAL VS LES DA IGUAL CAUSARELMAL



THE DARK TRIAD

In real life they are all same.

UNCONSCIOUS **EXISTENTIAL** **AGONY**

DARKNESS AS A **MEANS OF LIFE.**

Dark Triad theory is for therapists. UR job is to analysed Urself, to stay away from lower beings that bring no good anywhere.

Uncontrolled empathy is self destructive.



THE **HURTFUL:**

Unhappy, frustrated, mediocre and envious people, unable to learn from their mistakes:

back stabbers,
abusers,
exploiters,
impostors,
takers, reckless.

DO U WANT THE FREEDOM**TO TRAVEL THE WORLD & RISK IT ALL FOR AN IDEAL?****Choose a NP Virgo Mother!!!****The Sign with less Love + the worst kind of abuser.****HAVING NO PLACE TO GO BACK IS IDEAL TO BECOME A:****Explorer Far Away Lands, Spy Legend, Prophet & Rappers.****PN SPECS: Extremely genital minded:**

The problem is not what she does

(Be unfaithful, liar, promiscuous, thief and treacherous),

But what others say about her

(Who is neither a virgin, nor has she been pregnant by a dove).

Unable to do anything for anyone without embittering their existence:You prefer to be crucified to go home.**Myth: they are naive.****Reality:** They enjoy infecting.

They usually have genital, stomach and early Alzheimer's diseases.

THE QUEST FOR TRUTH IS FAR, FAR AWAY:**NOBODY IS A PROPHET ON THEIR OWN LAND****FAQ. Why to choose a psychopathic family?**

➔ **Doing the right thing:** staying home to take care of Ur family, putting them before some abstract concept of heroism. U do not abandon average parents & risk to destroy them by getting killed or going missing for years.

➔ **Build for Freedom & Courage:** It is easier to take risks when you do not have anything to lose.

➔ **Master unique skills:** legends are raised doing what they are known for.

BEWARE:U will not be build to live in calm, so**✗ DO NOT CHOOSE THIS MOTHER IF U****WANT TO HAVE: UR OWN CHILDREN / ANY SORT OF STABILITY.****DO NOT WANT TO: TRAVEL / RELOCATE**

Head of Medusa, Godfried Maes, 1680.

*The White legacy of monsters creation***NARCISSIST MOTHER****HISTRIONIC VAMPIRE**

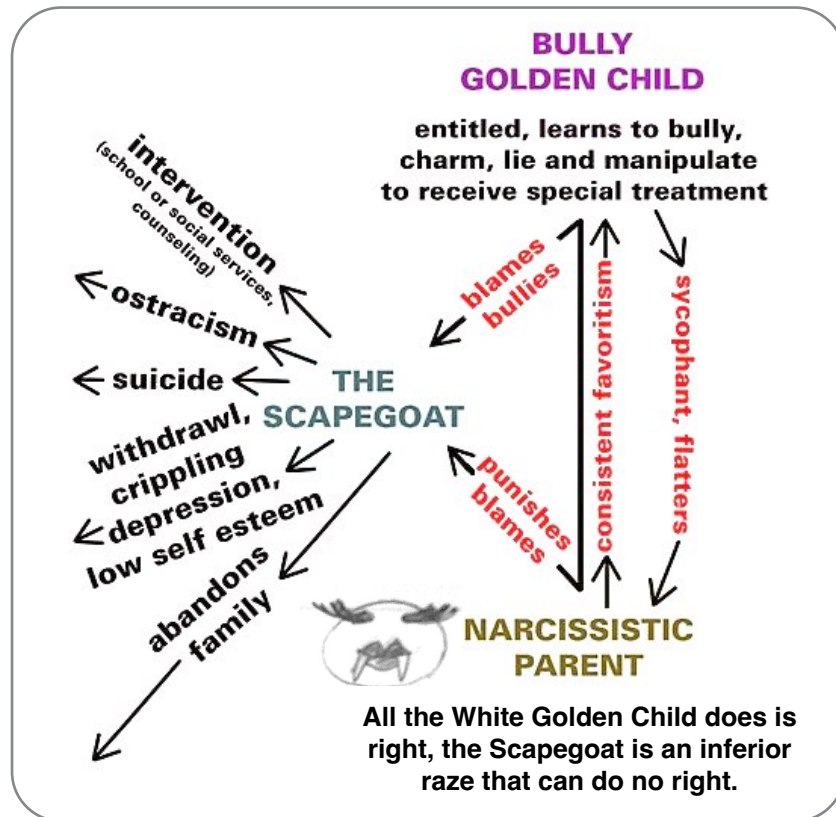
- "You don't give good vibes".

Says the cancer to the white blood cell.

The smallest bubble: the greatest inferiority disguised as supremacy.

Empty & bored, they depend on others to feel something.

PLEASE NOTE:**The mother is responsible for the mother-daughter bond that is established, not the daughter.**



NPD IS A FAMILY DISEASE.

NP assign roles to their children & enjoy seeing them feuded:

- **Golden Child:** will be another NP harming others. Unaware of the toxic family situation. Professional advice: RUN & STAY AWAY from NP. There is no cure & no hope.

- **Scapegoat & lost child:** Borderline personality, drug addiction, self harm. Can be aware and heal if goes far, far away. Professional advice: COMPASSION & HELP. Therapy is very successful.

The awake adult is far away, making efforts to break toxic patterns. No caen en ruedas toxicas, son integras y fieles a sus valores. Mental & physical health is highly improved.

The other ones are dead inside, replicating toxic relationships with co-dependency, fears, fobias & paranoia. The health issues this childhood does to sentient beings (auto-inmunes syndromes, migraines, depression, anxiety, eating & sleeping disorders) will remain.

Raised by Narcs: Education Adult Wounds

You learn & internalized guilty of existing, self critic, do not bother anyone.

Your main need is keeping the narc happy to be safe

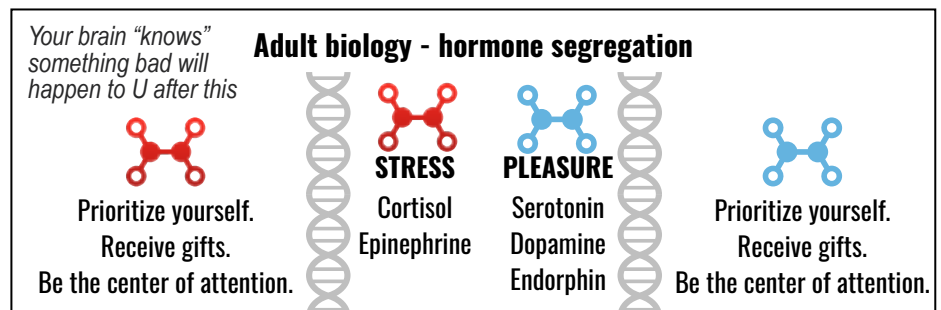
(to avoid screams, beatings, hunger, blame, being burnt alive, etc).

Extreme abuse + non-existent help = Post Stress Trauma

⇒ **Permanent damage to the nervous system:**

⇒ **OPTION A:** The mind is broken and the individual is mentally ill (psychotic witch hunters, fetishists who give money to their master while their children are living poorly, etc).

⇒ **OPTION B:** The body goes crazy so that the mind stays sane, sick because it makes what is of the mind its own to save it.



NPD IS A SOCIAL DISEASE.

NARCISSISTIC MOTHER = Competition

⇒ **stress, depletion, anxiety.**

She trains you without love so that you serve her purposes. Her goal is to dissolve your individuality & deny your independence.

HUMAN MOTHER = Collaboration

⇒ **distress, nourishment, comfort.**

She educates you with love so that you give love. Her goal is for you to be a healthy, happy and independent individual.

Politicians are a reflection of the population; they are the symptom, not the problem:

The political strategy of the Western world, its narcissistic culture and psychopathic economy, exterminating indigenous populations and future natural resources, with a festive and supremacist air, is executed by citizens who "only do their job."

See more at: Terra Travel Guide/Location History:

From Psychotic Aliens mining gold to the Roman colon-culture pandemic. Roman obsession with blood & torture. Catholic Role-play: Masters, martyrs & submissive



“The main condition for the achievement of love is the overcoming of one’s narcissism.

The narcissistic orientation is one in which one experiences as real only that which exists within oneself, while the phenomena in the outside world have no reality in themselves, but are experienced only from the viewpoint of their being useful or dangerous to one.

The opposite pole to narcissism is objectivity; it is the faculty to see other people and things as they are, objectively, and to be able to separate this objective picture from a picture which is formed by one’s desires and fears.”

Erich Fromm, The Art of Loving.
(Beware, this is a very popular book among narcissists & love scammers, they read it and learn better manipulation).

NPD MOTHER

**The perfect one for the gallery:
*the Manipulator Master.***

The Malignant Narcissist SPECS:

- **Neglects, shames, humiliates, assaults and threatens.** She makes derogatory and aggressive communication the official language of family relationships and calls it "familiarity".
- **Is obsessed with "looking good"** with outsiders and dedicated to martyring her own.
- **Does not tolerate the happiness of her children.** She is a compulsive destroyer of joy. Her long-term friends are perennially bitter, privileged and ungrateful, who blame others for her poor choices.
- **Can't stand the shift of attention to her children.**
- **Fails to protect her daughters**, who she sees as direct competition, and enjoys seeing how they are mistreated by third parties.
- **Compulsive attacks when you are in a specially happy or sad situation**, by using all your information & your trauma against you. NP will ruin your career & steal your money to assure Ur dependance.
- **Treats you like garbage**, and instantly in public she's warm and smiling. If you're not a psychopath, you can't change register so quickly, so you appear to have a bad temper in front of his circle.
- **Would rather drown all of her children than go to therapy, as that would expose her.** Like Nestbaal, many have Münchausen by Proxy. *“Children who improve their health and appearance when they are away, like the Victorians who had wallpaper with arsenic in their house, and believed that they improved on vacation with the sea breeze.”*

THE MESSIAH

**High capacity child raised by NPs:
*The Family Scapegoat***

The Saviour Syndrome SPECS:

- **Without the luxury of being a child:** no one helps or protects you, you grow up alone and everything depends on you. → Emotional blockage and independence.
- **Without the luxury of relaxing or enjoying:** always on the alert because the histrionic attack is unpredictable. This constant micro-trauma produces permanent brain changes → recalibration of the brain alarm system, hyperactivated amygdala, hyper-vigilance.
- **With Saviour syndrome from toxic shame:** unconditional love does not exist: if you do not sacrifice yourself for the NP, you lose NP's love and go directly to the inescapable hell that NP creates, so saving others is the way of saving Urself.
- **Hyper Sacrificed:** self-sacrifice is the only way to receive approval. As your personal needs are punished, you abandon them.
- **Hyper Sense of duty and self-control:** the only thing they have instilled in you is to serve without disturbing.
- **Hyper Morals and will to be good person:** you show yourself that you are neither like them, nor evil as they told you..
- **Hyper brave & resilient**, post traumatic war stress & defence mechanisms as corazas y never let go of control of the situation u are in.
- **Hyper-empaty:** acquired survival mechanism: reading and perceiving the emotional world of your parents to anticipate their delirium. → Lie detection skill.



Konrad Kyeser, Bellifortis, 1420.

- **Lack of tolerance**, specially with injustice and the corruption of the Father Sun temple (the planet Terra we inhabit).
Ex. Rebuke merchants and those who throw cigarette butts on the beach.

Scapegoat traits:

- Strong-willed
- Empathic, sensitive
- Compassionate: do not agree with harming others.
- Justice-seeking
- Protective of others
- Emotionally reactive (not dead inside as the rest of the family, as the only one with emotions around you have nobody to teach you about it)
- Questions authority
- Care-taking saviour: the one the family asks for help when there's a real problem.
- Different in some way.
- **Acquired traits:** PTSD-post traumatic stress disorder, the toxic family will say is genetic, even if they are doctors.

"I remember my childhood as a long wish to be elsewhere"

The Unpainted Door, poem by Louise Gluck

FAQ: DO NP LOVE THEIR CHILDREN?

NO. NP have no conscience and no feeling for no one, specially their own children, their activity is about coercing, manipulating, causing chaos and damaging lives everywhere they go.

Children are possessions born to serve them as tools or weapons. Anyone who refuses to be their ego supply deserves unlimited rage & suffering.

NP mothers become NP grandmothers.

No responsable loving person leaves their children with them.

- SEE YOU SOON!!! - Karma:

The mother's young and strong boyfriend:

- "People like you who don't drink alcohol are untrustworthy. Your father sucks, that's why he abandoned you, you will be the same. Not like me, who is a great father for my children and an excellent boyfriend for your mother."

Says the mother about her old weak partner;

- "He is disappointed with his children, since he was diagnosed with terminal cancer they have hardly come to see him. And I feel very lonely."

- "Nothing I can do, I am living in another continent. I need to let you go now, my mother-in-law is ill and the doctor is coming."

THE TRAITS OF THE SPECIAL FORCES TRAINING **Shame on them!**

*"Your family always have your back.
...To stick a knife on it."*

■ **Standing verbal abuse and militar grade interrogation, in daily bases:**

- Told to *"Do not tell to the outside world, pretend everything is fine"*.
- Taught to repress your feelings and punished for having emotions.
- No communication, only triangulation. favoritizes & undermines.
- Critica constante, nada le parece bien.
- Demeans, criticizes and denigrates.
- Manipulates your emotions in order to feed on your pain & makes you look crazy.

■ **Standing Isolation, home as usual.**

■ **Standing Intermittent reinforcement & brainwash, Narcissists are masters of multitasking:**

- **Lying.** She knows what she did was wrong and she knows your reaction is reasonable
- **Manipulating.** She's making you look like the bad guy for objecting to her cruelties.
- **Being selfish.** She doesn't mind making you feel horrible as long as she gets her own way.
- **Blaming.** She did something wrong, but it's all your fault.
- **Projecting.** Her petty, small and infantile behavior has become yours.
- **Putting on a self-pitying drama.** She's a martyr who believed the best of you, and you've let her down.
- **Parentifying.** You're responsible for her feelings, she has no responsibility for yours.

10 TRAITS OF THE TOXIC FAMILY SCAPEGOAT **Shine on you!**

1. Highly Empathic.
2. Questions Authority.
3. Internalizes Blame & Shame.
4. Very Creative.
5. Calls out the Bullshit.
6. Free Spirit.
7. Emotionally Reactive.
8. Seeker of Justice.
9. Doesn't conform to the Family Rules.
10. People pleaser who puts other's needs ahead of themselves.

Recovery from the fear of abandonment:

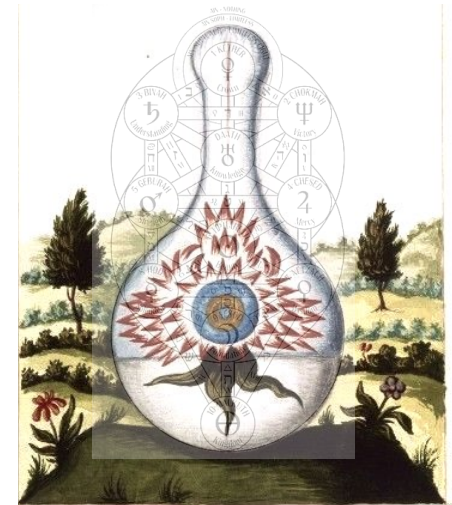
- If my mom can not love me, who can?

This parasite script will not go away just because the NP is buried and burning in hell. Since love must be earned, they will stop love u if u fail. Replacing this internalized, negative, maternal voice with a self-nurturing one, takes time and effort, needs professional help and it is not fun.

What is fun instead:

Unreal guilt and justice: Liberators of other people's agony to stop feeling it on one's skin. You feel the oppression you feel and releasing them is the way to free yourself.

Revolution minded: maybe is not the smartest thing to do, but as U are raised to be an adrenaline junky, leading revolutions & doing high risk sports, can keep U away from hard drugs.



SKILLS PREMATURE DEVELOPED:

- **Escapism:** to the temple, the forest or the corner bar.
- **Self-sufficient & independent:** aficiones personales y respuestas universales: U must entertain Urself because nobody plays with U or allow U to have normal interaction with other kids. U must search Ur own answers because everyone around is there to conform U to their needs & kill Ur individuality, not to contribute to Ur development as a healthy individual.
- **Feeling like U do not belong to Ur family origin:** early search for Ur true Tribe.

Honest Answers That Makes The Abuser More Violent:

- *If U stop lying about me I will stop telling the truth about you.*
- *Stop playing the victim to the circumstances U create.*



Alchemical Metaphor: Sulfur and oil

Engulf humanity and spit out acid:

Molech, creator of The Whore of Babylon. Manipulators, sadistic murderers of wise and rebellious women and destroyers of respectful and kind children.

ABUSE

Ignores, criticizes, mocks your feelings, wants, needs, opinions, & deeds.

Manipulates, exploits, Lies, controls, for their own gain without remorse.

Gaslighting & denial of abusive behavior. Projection, triangulation, & blame shifting.

Frequent forms of verbal abuse. Intentionally picks at your wounds.

EFFECT

Trouble expressing your needs & wants, or see them as a burden.

Trouble trusting or relying on others. Always guarded, alert & skeptical.

Constant doubt of own experiences, feelings, & thoughts. Crippling self-doubt. Lack of self-trust.

Poor self-esteem, Self-loathe. Insecure & oversensitive. Feel unworthy and unlovable. Never feel good enough

**Culo-mundo Church:
TERRORIZING IS A SIGN OF
POWER**

- When others do not do things the way you want, it is lawful to shout, denigrate, abuse and insult, until you stay comfortable or get tired.
- The people around you are here to dispose of their time and mental resources at their discretion.
- People are recipients where you can vent your emotional shit. You don't need self-control techniques because you don't have to control yourself. It is the others who need to improve.
- Disrespect is a symbol of power and intelligence. It's only rude if the other has more money or position than you.
- The only mistreatment that exists is what you receive when others do not satisfy you.

Dynamics of a home-life under a NP:

Passive aggression, physical & verbal, abuse, gaslighting, rewriting history, subtle devaluing behaviours, withholding of finances, permissions, emotional kidnapping, abuso de poder y refuerzo intermitente.

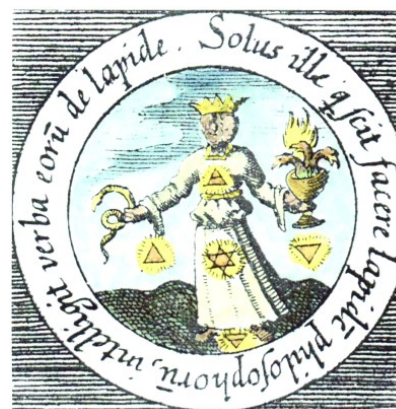
If you choose to shut up, for the NP to think about it over time, the opposite happens. In the NP's head has shaped the idea that you bother for her plans, and that you are easy to cancel.

If you choose to seek help, no one will believe you.

**Human World Constant:
TERRORIZING IS WHAT
MONSTERS DO**

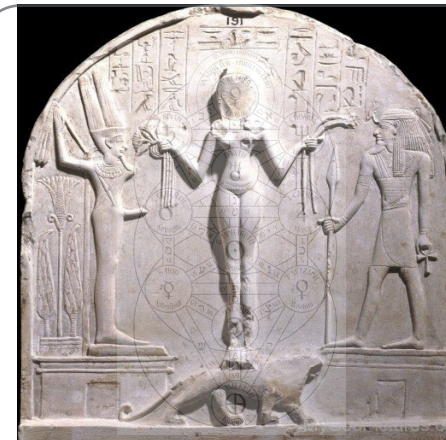
The Human Tribe is there to protect its own members from the violence of the world.

The NP and its circle of dysfunctional beings, feed back and retro-affirm how perfect they are and how bad the rest of the people are, which gives them the right to insult, invalidate, burn alive women who do not approve of their behavior or exterminate 3/4 of the world's population.



"... MY Bible doesn't not have the verse about how love is demonstrated through

detrimental meddling, manipulations, judgements, accusations, slander, double standards, outright lies, overwhelming hypocrisy, never-ending criticisms, or extremely unfounded self-righteousness."



**Alchemical Metaphor:
Mercury, the perfect fusion.**

FAQ. Why the NP people & cults are so twisted & complicate.

'THE WORK IS NOT BROUGHT TO PERFECTION UNLESS IT ENDS IN THE SIMPLE... FOR MAN IS THE MOST WORTHY OF LIVING THINGS AND NEAREST TO THE SIMPLE, AND THIS BECAUSE OF HIS INTELLIGENCE'.
I AM THE ONE WHO CARRIES HEAVEN
| AND EARTH
WHILE STUDYING BOTH WITH THE UTMOST DILIGENCE.
FIRST I DISPLAY PRUDENCE, | THEN SIMPLICITY,
THAT MY DAY'S WAGES MAY FOLLOW SOON.

Liber platonis quatorum, Alchemical treatise

This stone is something which is created of That, and and wheresoever art it remains inseparably with That.

The stone passage, 'Rosinus ad Sarratantam Episcopum,' ancient alchemical Arab texts.

FAQ. WHY NP HAS AN UNSATISFACTORY LIFE?

WHILE OTHER UGLIER AND LESS SMARTER PEOPLE HAVE "BETTER LUCK" & BETTER PARTNERS.

The quality of one's personal relationships, is a reflection of dedicating themselves to lowering the quality of life of others and using their intellectual capacity to worsen the world.

NP THINKS:

All that goes into their head is special and interesting to others. When is simply a narcissist pathological pattern from a book, that makes healthy people to run away soon or later.

Colonist think their shit is of general interest, when the only thing others want to know is either when they shuts up and go home.

FACT:

A shit dispenser is a shit dispenser, although it is coated with gold and paintings by Michelangelo.



"Faithful mirror of humankind's miserable condition", memento mori statement about this image "Ars Algebra et analytica ac alma cabula", XVII century, Germany.

THE NARCISSIST'S PRAYER

That didn't happen.

And if it did, it wasn't that bad.

And if it was, that's not my fault.

And if it was, I didn't mean it.

And if I did, You deserved it.

And if you didn't, you must thank me for sharing my culture with you.

Dynamics of a Manipulator:

- Appears charming.
- Never accepts blame.
- Expert at lying and denying.
- Seeks out emotional and vulnerable people.
- Self obsessed.
- Uses the silent treatment to get their way.
- Ignores your feelings.
- Isolates you from others.
- Guilt trips and gaslights.
- Plays dumb to avoid blame.
- Petty and passive aggressive.
- Controlling.
- Makes you question yourself and your sanity.
- Makes fun of you and judges you.

FAQ: WHAT IS THE MOST PRODUCTIVE WAY FOR U TO DEAL WITH YOUR "EVIL FAMILY OF THE TIME"?

MIND WHERE THEY COMING FROM: COLLECTIVE INSANITY IS MORE DAMAGING THAN INDIVIDUAL INSANITY.

It is more productive for Ur expansion, focussing Ur efforts in understanding they did the best they could in their situation. By applying Compassion & ultimate Forgiveness, U can move & focus in Ur own adventure.

U WILL DONE BETTER?

Every Dunia is to prove U are better now than in your past Lifetimes... U needed that experiences to become who U are now & fulfil Ur Human destiny as God in Terra. And U do not have that much to do it.

WITCHES SAY:

DEFEAT YOUR ENEMIES WITH SUCCESS, FILL YOUR LACKS WITH PERSONAL & COMMUNITY PROJECTS.

USE YOUR TIME WISELY (ONCE IS GONE, IS GONE.)

FACT:

You attract what you are, or you become like what surrounds you, or you survive it, or you move away and live.

What does not kill you makes you stronger or more bitter, it depends on you and your circumstances.

5 WAYS TO DEAL WITH A NARCISSIST:

1. Stay away.

2. Don't try to communicate with the Narcissistic delirium. Stay away.

3. Don't try to fix them, not even professional help can fix them. Stay away.

4. Don't argue with them. Stay away.

5. Do not look back. Stay away.



"The woman behind the cloud."

Alfeo, a sociopath who did not care "No means No", was obsessed with Arethusa, stoking her relentlessly under the premise of "being in love". Arethusa, desperate to scape from him, asked goddess Artemis for help, who hide her on a cloud.

"Ars Algebra et analytica ac alma cabula", XVII century, Germany.

29+1 Traits

OF NARCISSIST A MOTHER

100% Dark Triad Talk:

“You Make Me Sick: It Is Your Fault I Am Sick”, “I Should Have Aborted U”, Insulting The Child Or The Child's Parent.

1. **She is extremely manipulative.**
2. **She is selfish and totally self absorbed (egolatra).**
3. **She is petty and immature**
4. **She is aggressive and shameless**
5. **She is very exploitative**
6. **She is has no empathy:** and she seems to have no awareness that other people even have feelings.
7. **She is tacaña y avara.**
8. **She is superficial e interesada**
9. **She demeans and criticizes constantly.**
10. **She uses projection**
11. **She terrorizes: aggressive and shameless.**
12. **She has never been wrong about anything & she never will.**
13. **She denies what she does.**
14. **She underlines.**
15. **She is desagradecida:** Lo que tiene son motivos para quejarse
16. **She is extremely envious,** thinks everybody is jealous of her
17. **She is a pathological liar with no remorse** who can even trick lie detectors. She lies in too many ways to count.
18. **She violates personal boundaries systematically:** not respecting privacy, from room space to private conversations, giving your favourite dress away, putting her hands on your food & intimate belongings. This is a control freak trait to mark territory known as “dog pee”.
19. **She uses favouritism:** *Golden child, scape goat & invisible child.*
20. **She has to be the center of attention always & regardless.** Otherwise she is miserable, moody and negative: she can not attend an event without critiquing the host.
21. **She is insanely defensive and extremely sensitive to any criticism and proud about her capacity for this aggressive response,** as this is being strong and smart.
22. **She blames you:** all that is wrong in her life is your fault. She will also blame you for her abuse (as the worst type of abusers do): her exploitative histrionic emotional display is your fault.
23. **She destroys your relationships in loud embarrassing & silent malicious ways:** a tornado over in-laws, friends & neighbours. She will poison & destroy Ur romantic relationship.
24. **She makes you crazy and love it,** this is her way of feeling powerful. She uses **gas lighting** (doing things to make U feel crazy) & **baiting** (provoking a reaction on U to make U look crazy).
25. **She has transcendental wishes, mientras las necesidades básicas de sus hijos son “manias” insufribles.**
26. **She has a house to put her stuff.** Her stuff is to make the lives of the ones living

there as much uncomfortable and stressful as possible.

27. **She can't buy something for you without spending more on her.** Spending money in something that is not her is painful. She will either be bitchy during the shopping time or right after, she will exploit in one of her aggressive emotional displays for any reason.
28. **She is extremely competitive** but rarely involved in healthy competitive activities, as sports or community found-raising. Some NP build an “altruist mask” as the Munchausen by Proxy “very caring mom” mask. They will be the head of an altruist project but in private careless about Terra Nature and its habitants.
29. **She goes pathetic as last resort:** when caught she will do anything but taking responsibility and make it right.

+30. MUNCHAUSEN

In her quest for attention unrelated to personal achievements and social contribution, she may develop MUNCHAUSEN.

Typically women with a supportive family or community that do not understand why she is so irresponsible and egoist.

Types:

- Faking health issues to turn who does not follow her psycho-games into the “bad one” of the story.
- Really hurting herself to get doctors attention: enjoying hospitals stays feel resorts, seeing high status professionals running around her feels like being famous.

MUNCHAUSEN BY PROXY

A parent consciously damages the health of her kid to get sympathy and special treatment.

Typically women with Histrionic or Borderline Personality, with an absent partner and a supportive family or community.

- 2 faces: careless about the child care but in public appear extra caring and attached.

- Goes to the hospital arreglada y radiante, and try to friend health care professionals at a personal level and get into hospital gossips.

Indicators of Munchen parents:

A sick child with no clear pathology, that improves when separated from the care giver and worsens when returns home. Around 12 years old most symptoms just go away.

A child pressured to tell the doctor is worst than really is, because “*That is the only way the doctor will pay attention to you*”.

Symptoms of slow poisoning:

- Insomnio y otros trastornos del sueño.
- Rashes & infections.
- Migrañas, nauseas, vómitos.
- Sangrado de nariz frecuente.
- Constipados y fiebre alta.

Most common substances used:

“*Don't say it tastes weird.*”

- Sodium (salt) on diet is prime cause of poisoning on children. “*It is very salty*”.
- Oxide from batteries, anti-freezer (taste sweet), phosphor from matches.
- Arsenic (from rat killer) are most used by man killers not Munchausens.

NPD**Clinical Table****NARCISSISTIC PERSONALITY DISORDER**

Several personality disorders, as Borderline, Histrionic & Antisocial, combined with others as Diogenes, Edipo, Munchausen, bipolar.

Extreme Sociopath

They love the excitement and drama they create; as they have no empathy and no fulfilment activity, this is their best entertainment.

For them people exist for:

A: distraerlos o proporcionarles cosas, B: no molestarlos

Unless a psychopath, understands right, wrong and consequences.

They are smart and careful covering their abuse, and so sick and twisted that people can't even image nor believe their behaviour if they do not see with their own eyes, so children rarely get any help.

PROFILE:

- Higher intelligence than the average (20% of Humanity)
- Frustrated Life experience: artists, travellers, trophy wife.
- Healthy and smart and extremely ungrateful to Life and the Universe, frustrated romances: all guys she liked treat her as the superficial interested bitch she is, so she has to conformar con lo que pudo o quedarse sola

Viven para sus genitales y estos se convierten en su pesadilla

GENITAL MINDED: El karma es más geométrico de lo que parece, por eso las madres con NPD suelen tener enfermedades genitales, desde cancer de matriz a infecciones raras y crónicas. Tiene vidas muy largas que suelen acabar como "vieja jobrada, loca y sola".

NPD IS EXTREMELY RESISTANT TO THERAPY & OTHER TREATMENTS.**THEY TEND TO GET WORST & MOST DANGEROUS IN THERAPY:**

As they are confronted with reality by authority (something they can neglect) they get more extreme in their pathological treats to support their version of reality.

Even if they may decide to change after a major incident, they go back to the old ways as soon as they notice the minimum Life improvement.

They use what they learn about empathy, to mimic it and lie better.

COMMUNICATIONS TECHNIQS DO NOT WORK,

because this technics asume Humans have empathy and care about improving the quality of the relationships, and this is not the NPD case. All she cares about is getting what she wants, obtaining instant

satisfaction and not being forced to face reality. Relationships are about controlling and manipulating others and considering peoples feelings before speaking and acting is not in the equation.

Any intent of productive conversation based on respect, logic, ethic or feelings, will fall into this circle of closed answers^:

"Es que tú..." - blaming the other part for their behaviour

"Pues tú..." - no interest about anybody's feelings or about fixing anything. It is all about being right and winning inexistent battles.

"Yo no he sido..." - toddler way to solve bad deeds. Healthy Humans go over this stage after 3 years old. What this really means in an adult is: I hate my Life and I am not capable of change it.

Examples of excellent communication technics that fail:

"when you do that I feel as..."

(instead of "you make me feel as..."):

as they have no empathy they can care less about anybody's feelings. She will blame you for being child shish, or having a lot of bullshit.

"I need your help..." (instead of "we need to talk"):

this sentence makes even difficult Humans put down the guard and get involved in the conversation, because it triggers a genetic mammal instinct for survival. But not NPD people.

They lack this basic instinct, so what they hear is "this is about me not you", as a frontal attack. Tienen su parte mamífero dormida, por eso funcionan con el cerebro reptiliano, el primitivo. La parte evolucionada, la de la empatía mamífera, esta anestesiada, así que es como intentar que alguien en coma te responda. No es que sea imposible, es que la experiencia prueba que las posibilidades son menos del 0.1%.

Examples of excellent integrating technics that fail:

"Giving the problematic guest a task on the event"

This works to get difficult bitching people and party poppers in a collaborative positive mood. You give them a task to do, as welcoming guests, so they feel relevant and needed, and they open and turn into the nicest person ever, because they feel loved and valued.

However with an NPD this will be even worst, because now, on top of not being the absolute center of attention she has to do something for someone else, and will likely use the occasion to jeopardise the event.

NPD are Humans gone wrong.

The zombie-clones created by saurians are passive and easily content, but these are active vampires who are never content. Their dream is being a real vampire not a Hero for the community.

CONVERSATION WITH AN EMOTIONAL VAMPIRE IS POINTLESS

If the best professionals on Terra have the lowest success with this patients, imagine what success U can have.

El problema es lo que ella hace sino lo que tú dices. Ante la evidencia, reacciona con actitud humorística para ridiculizar al interlocutor por exponer el problema o agresivamente blaming the interlocutor for the problem.

Lying is her Life project: she not only lies, she does a full play well planned and carefully orchestrated. Her effort is focus in supporting her lies not into the actual conversation issue.

THE 3 SANE WAYS TO BEFRIEND DIFFICULT PEOPLE (SERENITY, REASON & LOVE), WILL NOT WORK:

1. BUDDHA STYLE: Not responding to provocation is gaslighting for her. How you dare! Si no caes en sus tretas de gas-lighting te hace putadas mayores.

Ella está pensando en como llamar tu atención para llevarte donde ella quiere, no en el tema de la conversación.



2. LOGIC: You are responsible for her feelings but she has no responsibility for yours.

Entertaining her is Ur responsibility but she has no responsibility to do anything for U.

Blaming somebody else for her misery mental state: she cannot rest down till she fully put U down. She does not listen to logical arguments because all she wants is throwing up her emotional shit on U to get her dose of power-drama.

3. BONDING: Everything she does is for a concrete expected return.

After a major *putada*, when U are totally close down and stop follow her game, she may go out of her way to recover Ur trust, just so she can stab U again on the back.

TOP NP TECHNICS TO RESIST

GAS-LIGHTING: HOW TOXIC PEOPLE SUCK UR ENERGY

Cynic lies pull your attention and trap you in a battle you can not win, lowering your vibration while your energy is being sucked.

TO PROTECT YOUR SANITY:

Replace the burning feeling with Humor, and to elevate your vibe, change rage for compassion. Prioritise your inner Peace before any other external issue the narcissist brings to your experience.

INSTALL THIS MANTRA SCRIPT:

“Nothing loses my interest faster than somebody lying to me”.

- ***I did not know you are sensitive.***

... as if empathy would be a personality trait instead the base of being Human.

- ***I never say that (I did not do it).***

... very cute answer, as long as you are under 3 years old. So you need to change your register to match the interlocutor level.

- ***Maybe I should have done that different since you are so sensitive.***

... una disculpa más ofensiva que el silencio indica que el interlocutor percibe el - maltrato psicológico como una + capacidad dialéctica.



TRIANGULATION: HOW TOXIC PEOPLE MANIPULATE U INTO ACTION

Comparación manipulativa para que te sientas inferior a la gente normal y en la obligación de esforzarte por complacerla.

GOLDEN CHILD & SCAPE GOAT DYNAMICS: combination of triangulation & favouritism.

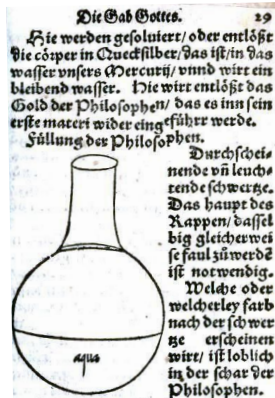
The goal is being worshipped by children & the center of everybody's Life, by damaging the relationships among family members. It takes being toxic to a whole new level.

TO PROTECT YOUR SANITY:

Replace any hope for getting anything good from there, from the plans to make a good life for yourself, far, far away. Stay at the big picture: nothing will ever be good till U leave.

INSTALL THIS MANTRA SCRIPT::

“Es pesada y cansina”



Do not become an empty bottle for them to dispose their emotional shit.

- **DEHUMANIZE: IT DEHUMANIZES YOU.** It leads to psychosis, to see it everywhere. What caused damage in the past is scary in the present. Not judging means staying away without drama & attachment.

- **EMPATHIZE WITH VAMPIRES** who come to suck your soul and destroy everything good and sacred. U = ANOTHER ME, DOES NOT MEAN SPENDING THIS DUNIA WITH OLD VERSIONS OF URSELF.

- **HATting:** U will not success in Life till U forgive them: Resentment anchors you to them. Re compassion discourages you emotionally. Sadness connects you with the wound. The rage with whom he caused the wound.

- **RESISTING:** U are NOT here to resist, U are here to win. Attack with all U have to protect others or leave.

DON'T

IT IS NOT UR JOB TO DETOX TOXIC PEOPLE

TRY TO REASON WITH UNREASONABLE PEOPLE

U will loose 100% of times: The more you strive to communicate with vampires, the more you feed them.

- **REACT:** Falling in **Baiting** (provoking you by saying dementias to put you in reactive mode) & **gaslighting** (They make you believe you're crazy).
- **JUSTIFY:** Neither your behavior nor theirs.
- **NORMALIZE**
- **TOLERATE**
- **TRY** they repair the damage they have done or recognize something.
- **SHOW UR HAPPINESS:** U will automatically get ira/victimismo/ being ignored. Si detectan algo positivo en ti, su mision sera destruirlo.
- **STRIVE** to respond, but to get safe (far away).
- **FEEL RESPONSABLE:** it is not Ur fault, it is not Ur mision to be Vampire baiting.
- **SHARE INFORMATION:** they will use ir against U.
- **SEEK THEIR APPROVAL HELP OR RECOGNITION.** This is inviting cancer to Ur body to pursue health. Fill Ur bottle with achievements & success they will never accept.
- **BLOOF:** they disregard words & are only affected by actions.

DO

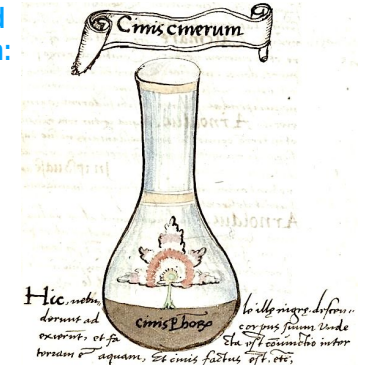
IT IS UR JOB TO DETOX THE PART OF URSELF THAT RESONATES WITH THEIR TOXICITY

SAY NO & LEAVE WITHOUT LOOKING BACK

Rebelling is saying enough is enough: is the the beginning of the healing process, not the cure.
Revolution is the 1st step to evolution, not a solution. A start without being on high ground, is an abrupt end back to a lower start. It's a fight you're always going to lose, but if it's the only way you don't normalize abuse, fight not to be lost. Fight for yourself, to protect your integrity, not to gain anything with them. Please Note: For the PN this is the worst offence, worst than their violence, so it will extreme the PN abuse/toxicity. To maintain this "NO" U need security & distance. Meanwhile:

- **AVOID CONFRONTATION:** let them think they are the best & they win. UR goal is not being right, that is the NP goal, Ur goal is being healthy.
- **USE NEGATIVITY:** Be as negative as you can in words and topics. As sleeping with a knife under the pillow, use this unhealthy defence only in prison, the goal is breaking free not learning to stab people.
- **REPEAT YOUR LAST SENTENCE AND LEAVE SILENT:** U do not need to listen to average people, for them to believe they are in an interesting conversation.

Cinis ad cinervm:
Rise from those ashes



MANTENERLOS LEJOS desde terreno elevado o desde tu interior with mantras:

- **GARLIC:** Sing the caganer song: "The shitter comes to shit, let's just let him go to shit... Cagon el caganer"
- **CROSS:** Question in bucle: "So the more disrespectful you are, the more wrong I am?"
- **HOLY WATER:** Give instructions to solve the issue: 1. *Stop making other peoples's life miserable and expecting positive results.* 3. *Learn to communicate as an adult instead of making a fool of yourself with spoiled toddler tantrums.* -Their answer: "It's just that you, but I, I haven't been, I'm not... tantrum, tantrum."

REMEMBERING TO LET THEM GO & GO FOR THE LIGHT:

- BE THANKFUL

If they would have treat U better U will be like them.

- BE BRIGHT

If U want to leave behind, let them go & go for the Light.

"You invent stories to attract attention because you are a bad person."

If you tell somebody how you are being treated they will say that you are conflictive, twisted and exaggerated. **The absurdity of the low grade people around a sociopath** is that they release all responsibility by blaming the child for lying, as if a child that is lying pathological won't indicate a profound ongoing issue, as if conflictive children won't be the product of a dysfunctional home.

TRIBAL DELUSION

- *Look how ordinary the neighbour, how she brings her daughter with sportswear down the street, such a little class.* - She says to impress a rich man.
- *What sports or activities does your daughter?* - He answers.
- *None, I have no time to be taking my daughter anywhere, why?*

Days late, She tells to her friends:

- *What a pig! He hasn't called me again!*
- *Because all men are pigs!* - They answer.

GAS LIGHTING: TORTURE IS CULTURE

- *"I don't know how to treat you, nothing I do seems good enough for you."* - He tells to the woman with a black eye.

WHAT THE NPD ENVIRONMENT WILL NOT DO FOR YOU:

They are all ethical failures, as parents are responsible for the bonds they create with their children.

- Heal the narcissist

NOTHING IS GOING TO BE GOOD THERE. Valid people detect red flags and do not stay in that circle.

The dysfunctional family behavior is normalized within them. Societies are so inherently dysfunctional as a whole that they normalize narcissist leaders and vote for them. Genocides do not happen due one psychopath leader, but due the enablers around, just doing their job, enjoying their supremacy, or looking the other way.

- Care about you

They do NOT respect you and do NOT really love you. They connect with the NP because they think that people are there to fill their gaps or distract them from the irrelevance of their existence. It is easier for U to change the status-quo than to get help from them.

FACT:

NADIE POLÍTICAMENTE CORRECTO TE AYUDARÁ:

Religion, schools, doctors... The industrialization products are not for U to be better, but for U to feel better about not being better.

IF NOT ALSO ABUSIVE, NP'S HUSBANDS ARE PASSIVE, enabling the maternal abuse & eating NP shit in daily bases as their mother taught them.

WHAT THE NPD AND THEIR ENVIRONMENT WILL DO FOR YOU:

They are all emotional failures, obsessed with looking good, But without interest in doing good.

- **Join in causing you unreal guilt because that way they get rid of their real guilt.**

Please Note: If you spend your time with those who add to the toxic, you will never get out of there.

- **Denying your right to respect and dignity, normalizing abuse** "All parents traumatize their children in one way or another," "No one has a relationship based on respect and trust with their children," "It would have a bad day."

- **Use your childhood wounds to give you where it hurts the most.** His best defense is a good attack. Please Note: Your best defense is the physical and emotional distance of Vampires and the world that normalizes them. As with the Nazis and the Catholic Church that condons them.

- **Invalidate your emotions with destructive criticism disguised as false goodness and offenses disguised as apologies:** "I'm sorry it bothers you so much but it's normal," "I'm not racist but..." Please Note: Nothing good ever came after a "but".

- **Gas light you:** "es que TU eres demasiado sensible o dramática", "no es para tanto", "*una madre nunca pide perdón*".

- **Help you lose faith in love, life and your dreams.** "*What you have to do is be like us and stop nonsense.*"

FACT: U ARE NOT A PLANT, UR DESTINY IS MOVING.

PN: PSYCO-NARCS

The invisible abuse of Victimists and God complex ones

- They don't question themselves because they are perfect.
- Permanent delirium: they are the center of everything. They can't stand any situation that doesn't revolve around them: If they go to your event they will burst it.
- **They may feel sorry for a cliché, like a poor lame man, but not empathy.**

ITS LEVEL OF DISTORTION AND LIE GIVES YOU 2 OPTIONS:

A. 0 Contact.

DO NOT SHARE IT WITH THEM, SHARE IT WITH THE WORLD.

The traumatic link with an NP, is the result of intermittent reinforcement: Adding to toxic products is a chemical and psychological issue. These addictions do not improve: they are totally abandoned or destroy everything.

B. Torment:

SHORT/MEDIUM-TERM EFFECTS:

- Doubts about yourself and your mental health.
- The day you suffer the least you consider him happy.

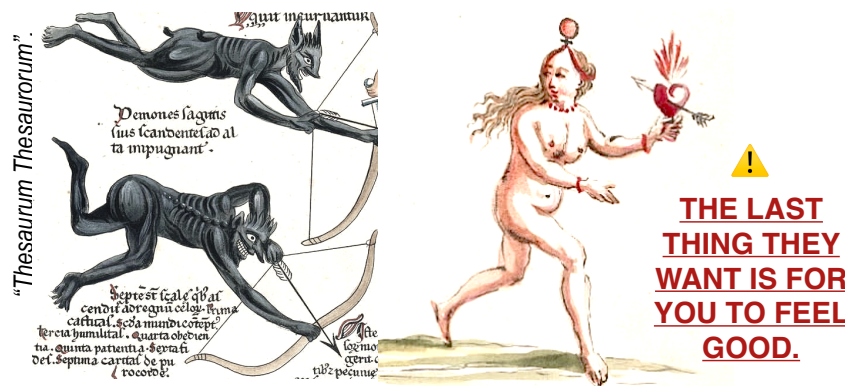
LONG-TERM EFFECTS:

- Sensitive, committed and respectful people do not exist in your world. Only victimizing and/or sadica people have stayed.

FACT: The only worth it revenge is leaving.
The best contempt is not to make appreciation: Go smell the flowers.

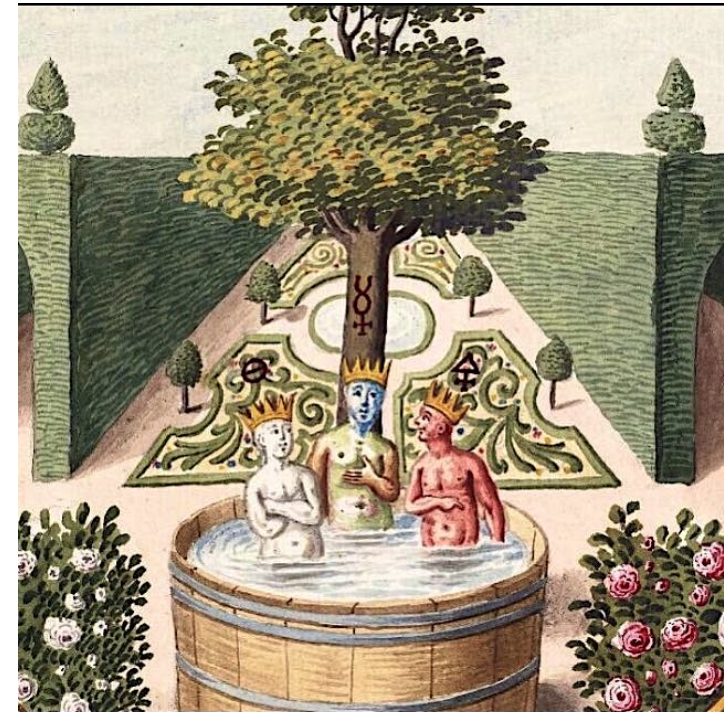


to celebrate their lifestyle based on feeding from disgrace. play the same instruments and enjoy making horrible noises together.



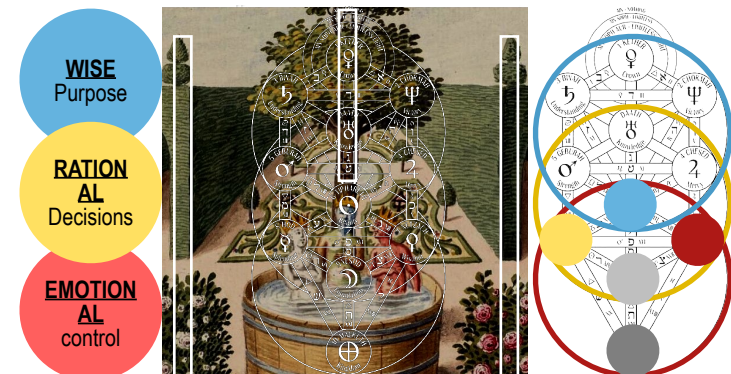
Run away from the reach of "Flying monkeys"

The enablers who support, side and encourage the Narcissist. Accomplices who blame and abuse the victim with gaslighting, to defend the narcissist. They exhort the victim to keep taking the abuse in silence & isolation by invalidating the victim's experience: "They did not mean it", "Don't be so sensitive", "You are intolerant, impatience, unforgiving", "They are always so nice to us."



Tria Prima, The found Tribe

After being lost of the labyrinth of identity,
The elemental truth, the perfect Trinity reveals.
The Alchemical Trinity Metaphore: Salt, Mercury & Sulfur.



WISE
Purpose

RATION
AL
Decisions

EMOTION
AL
control

Raised by a sociopath

To move on & find Peace, one need to understand it. And this secrets are much better hidden than the government "secrets on plain sight".

1. INFANCIA: te crea patologías.

You don't understand why you only serve to make her miserable.

2. ADOLESCENCE: TRYING EVERY NUMBING AGENT.

You try to make her happy to stop her from make you miserable.

3. MATURITY: YOU BECOME INDEPENDENT.

- You understand that her way of being happy is making you miserable.

- You understand that shit dispensers can only have coprophages around, that's why you were always the problem and you couldn't find the cause or the support. That's why no one helped you or anyone agreed with you. Because what you had around you were defenders of domestic violence, or fainthearted people who don't say shit even if their mouths are full of it.

"You make me think it was me & it was you all along".

FAQ: WHY Narcissistic mothers are extremely abusive?

- Any effort or monetary expense that do not goes into her is a painful experience she is gonna take on you direct or indirectly, so even the most basic growing up activities that are meant to bring joy, fun and bonding, are a reason for drama and fear, so you are in constant stress awaiting the next rage explosion.

- Too lazy to do anything that is not for her: giving you ice cream for dinner, putting soap in your eyes when washing your hair, or sending you to school when you are sick.

+ Making your childhood miserable so she can get her own moment of glory.

Because they are vampires?

There is no inter-connection: his samples are social mandates, uni-directional there is no exchange of energy and nothing flows: Either he is making the paripe or using you as a garbage can to throw his emotional crap without regard or consideration.

Between the energy they suck on you and the negatively charged energy they emanate, they take away your desire to live.

Physical contact: human contact, based on interconnection recharges your batteries.



BEING UR BEST THE LIVING TRUTH:

U WILL NOT BE ABLE TO REACH UR FULL POTENCIAL TILL U ARE ABLE TO FORGIVE YOUR PARENTS.

U will carry issues as lack of abundance and dysfunctional relationships.

FACT

Sadness connects you with the wound.

The grudge against the cause of the wound.

Happy people
They admire what they have
and appreciate what they have.

Unhappy people do not
assume their responsibility.
What they envy of others
they will never have, what
they beg they drive away.



Forgiveness is not a gift to others, is for you.

Releasing anger and hatred to find Peace, it does not mean keeping in touch or attached to the person you forgive.

They did the best they could in their situation. They did not have the capacity for doing things better: at the end and the beginning, all that we want is being happy, and being a narcissist or an abusive person of any kind is a way of making "feeling good" as easy as ridding a unicorn.

U can write a letter to release all the anger by saying all that you need to tell them, and then burn it.

DO NOT KEEP THIS LETTER; BURN IT.

Then write a new letter about forgiveness.

This one you can keep.



At a higher level, your parents are simply older versions of U & U are here to prove to yourself and the Universe U are better than them: this is, being more loving, thankful, giving and forgiving.

CHILDREN IN DARK WORLD ARE MOSTLY DIRECT REINCARNATIONS OF THEIR PARENTS



"Happy Mother's Day

to someone who has been a consistent example of being narcissist, manipulative, selfish, bitter, hyper-judgmental, fake, dishonest, self-righteous, limitlessly hypocritical, neurotic, vindictive and evil. I sincerely thank you for teaching me the value of things like; unconditional love, morals, respect, fairness, rationality, compassion, maturity, accountability, decency, trustworthiness, boundaries, & especially integrity, all by the rarity in which you managed to exhibit those things yourself."

Happy Mothers Day,

Even tho I pretty much raised myself

FACT: NARCISSISTIC MOTHERS ARE EXTREMELY ABUSIVE

No one in their right mind expects the victims of rape and mistreatment to sit at the table with their aggressors every Christmas.

IF U DO TO LOVE & RESPECT URSELF, NOBODY ELSE WILL.

People putting the wimps of an abuser over the legitimate needs of the victims are also abusers.

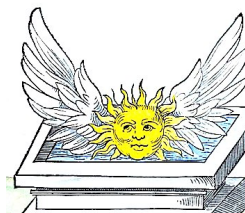
Whether they do it consciously or unconsciously is not relevant to you. The relevant thing for you is to leave that grimy cave behind.

Judging is not healthy, but neither is to allow abuses & disrespect.

IF YOU GIVE ME GOOD,
I GIVE YOU GOOD,
IF YOU GIVE ME BAD,
I GIVE YOU NOTHING.

LET THEM GO & GO FOR THE LIGHT LEAVE THE ABUSER & ALL THE ENTOURAGE BEHIND.

UR GOAL IS NOT BEING RIGHT.
THAT IS THE NARCISSIST GOAL.
UR GOAL IS FINDING PEACE.



BEING GRATEFUL THE POSITIVE TRUTH:

**YOU ARE MADE FOR
GREATNESS**

**Comfort weakens the strongest
of the living**

*Why Heroes came from dysfunctional
homes (family or country)*

- **STRONGER AND WISER**
you are extremely hard to fool. With all the manipulation you have seen, when the others go you are coming back.
- **FREE TO EXPLORE THE WORLD
AND EXPERIENCE LIFE AT IS FULL**
with no ties and no worries, U will be able to take risks and go further than people that miss the comfort from home and are concerned about their loving & sensitive parents ("if something happens to me my parents...")

**Respect is based on the
parents performance**
it is not a granted prize for
having unprotected sex

You did not ask your parents to give you the "gift of Life", so you do not own them anything. Mothers are the vessel that made possible for you to be on this dimension, and to turn into what you are today.

**And for that you shall always be
extremely thankful,**
honour her and forgive all that was not Love.

Which it DOES NOT mean
respecting her disrespect
or tolerating her abuse to you
or to others.

**To worry about her from the
distance does not mean U are a
bad person:**

It does mean U have survived her constant intents to break Ur Spirit & transform U

in a perenne victim unable to relate to any good person. It does mean u are strong enough to break the traumatic bond and make a Life for Urself.

**To keep Ur Karma and Ur Consciouses
clean:** make enough resources to be able to take care of her, having no contact with her: send professionals to do the job that a daughter of a non-psychopath enjoys doing herself.

BE AWARE

THE PAINFUL TRUTH:

The effect of narcissistic parenting, lasts a Lifetime, U will need to work with all you have to break this patterns:

- **Self blame:**
Self preserving mechanism to hold hope: "If I fix myself they will love me."
- **Insecure attachment:**
A- Avoidance of feelings (lacking passion and being disconnected).
B- Anxious feelings (burning in passion and unhealthy attachment).
- **PTSD (Post-Traumatic Stress Disorder)**
From extreme narcissists parents with physical abuse.

ADULTS TYPES

- Extreme emotional independence:**
solitary distressing adults.
- Extreme nurturing adults:**
loving and giving adults that cannot be alone.
- Narcissistic personality:**
Monsters came from another monster or from an over-spoiling overprotective parents.

1. SURVIVING ON DEPENDENT STAGE: Oidos sordos

FOCUS IN WHAT YOU CAN CHANGUE

not on being right on her delusional arguments or in winning her Love (she has not Love, nor reason, no ethic and no remorse, so save your energy because you need it all to survive in hell, till you can get the fuck out and raise beyond your wildest dreams).

PUT SPACE BETWEEN U & THE AGGRESSOR

Being out as much as you can and avoiding contact and conversation as much as possible is the only way to avoid confrontation because confrontation and aggression is the way she interacts.

MIRROR

She bonds by critiquing and prioritises objects, so instead trying to establish Human communication, based on experience and connection, try to speak about objects and people you do not like. If you are positive you push her "killing joy" button, so she attacks to make you as miserable as her, but if you mirror her, this is by being a negative, complaining toxic person, you are already where she and her friends are, so the job is done. Finding a common "enemy" is the faster way of redirect the rage of an insane people.

2. LIVING:

Going from rage to compassion.

From "que hijos de puta" a "que enfermos están" (this is way easier said than done, for some people it takes a whole Life).

3. THE HEALING ON MATURE STAGE:

The challenge of building healthy romantic relationships.

Romantic relationship trigger childhood traumas, so even if you have become a successful person in your community, who is aware and under control of the pain body, falling in love is a whole new dimension of inner quest. It will bring to the surface all that you worked so hard to cover and keep under control, and relationships will never be fully healthy and fulfilling till all the left overs of your shitty foundation stages are observed and cleaned out. Not but buried but bringing to light. This is your major Life challenge. Once you conquer this challenge, the rest will fall into place.

THE WAY:

Focus in being aware, not in being perfect.

→ **Apologise** and manifest that is your priority to control your childhood traumas and you do not expect them to stand your histrionic behaviour but to help you to eliminate it.

→ **Apologise** for your behaviour inexcusable, regardless what was the reason of the argument. You make clear you understand that even if you was right about the subject, now you are wrong, because showing disrespect make you be wrong every time regardless.

Functional desirable Humans:

- Can understand:

"I am so sorry. What did it get on to me? How I lose control like that?"

If your emotional vampire takes over you, after the emotional display, apologise with a clear Will to take action to change.

- Must run from:

"We all have our ways. If you do things right I will not need to behave like this".

*Mom,
even though your erratic behaviour
over the years is likely, the source
of my low self-esteem, biting
sarcasm, irrefutable passive-
aggression and pervasive
abandonment issues,
I still love you and hope you have
a wonderful Mother's day. ❤️*

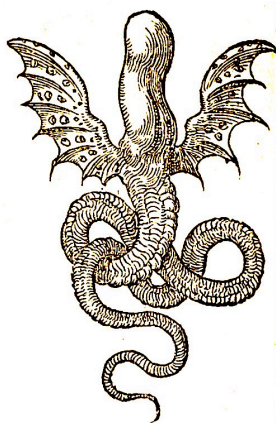
The Tongue

is full of mortiferous venom.

*When Amasis Tiran of Egypt asked back from his
sacrificed beast the worst or the best member, he
received only the Tongue.*

*Therefore this small piece of the body of such
importance, Nature has enclosed it with a double
portal, of which no way should enjoy the opening,
without the license of Reason and Understanding
dying in the fort: otherwise coming to fly away
without saying beware, it is pity for the danger of
its train: and tail of unfortunate consequence."*

Claude Paradin, Devises heroïques, 1557.
Free interpretation from the French text



Smart Funnel

THE 3 QUESTIONS FILTER

Select what you need to say & hear

*"If what you want to tell me is neither True nor Good nor even Useful,
why tell it to me at all? "*

Socrates

Glossary

Sympathy: *simpatizar*

- Feeling sorry for someone's distress.
- Saying or doing what is expected without making real effort to help.
- Making efforts to stay joyful regardless someone sadness. Can be envious & feel relieved by seeing others doing worst.
- Ex: *Palmadita en la espalda y postal de supermercado.*

Empathy: *empatizar*

- Feeling someone's feeling.
- Taking practical action to help by investing means, as time & money, and feeling fantastic about it.
- Making efforts to cheer others and experimenting joy with their joy. Feeling bad by seeing others doing worst.
- Ex: *I will cancel all my plans to take care of Ur children while U are sick.*

Narcissistic Personality disorder:

A condition where the patient is left alone and everyone else is treated.

Narcissist filter:

what they accuse others of is actually an unconscious admission of their own character.

Black Sheep:

the one who sees through everyone else's bullshit in a toxic system.

Scapegoat:

the way narcissist chronically avoid personal responsibility and accountability. The uncomfortable truth teller in a sticky web of lies, dirty secrets and pretence.

Narcissist favors:

This means there is a premeditated damage the NP has already done or is going to do in the coming days.

Narcissists do NOT do favors, they do things to attract attention or to cover their nefarious deeds..

Communicating with a narcissist:

hugging a cactus

Borderline:

changués mood from one moment to other, emotionally unstable due fear of abandonment. Mostly verbal nonsense in a healthy life. Fully curable with communication therapy.

Bipolar:

long stages of depression, emotionally dangerous actions that do not allow for a healthy life. Chronic condition.

Enabler:

A Selfish, weak, coward, empty shell.

El caganer:

"the crapper" traditional nativity scenes in Catalonia include the figure of a guy popping with his pants down, usually hiding on a corner.

Living peacefully:

living without causing unnecessary harm.

Dying in Peace:

knowing that you couldn't do more to do better.

Abuser's Spell:

Trauma bond, Intermittent reinforcement or Stockholm syndrome.

Addicted to abuser people:

- Physical addiction (Brain chemistry): The brain expects pleasure after punishment, because that's how it has been trained.

- Psychological addiction: Healthy normal people is boring, when your lifestyle is normal.

Fear of love:

Brain chemistry: raised by narcissistic parents, you know when thy are nice to you is to get something out of you, and when they do something good for you, an irrational attack comes after it. The brain is trained in this way.

Pride

It is not a birthright, nor a hereditary trait, nor a commercial product. They cannot self-acquire, they have to be given to you by others based on the continued result of your actions. **Respect, pride, freedom and dignity**, are concepts related to Personal achievements. It takes decades of Unspeakable efforts to build them, but no matter how firm they may be, they can always burn to their foundations in 1 day. Like Rome.

Personal Achievements:

Actions that have an impact on the world of others.

Narcisist Glossary:

Power: the only source of pleasure.

Kindness: Weakness.

Abuse: strong character.

Afrenta: not paying enough attention to them.

Altruism: hypocrisy, it is impossible to want to help without obtaining a material benefit.

Help: micro-control.

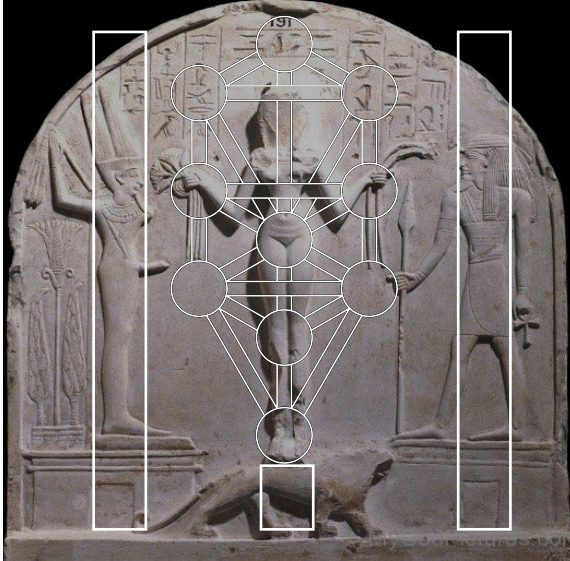
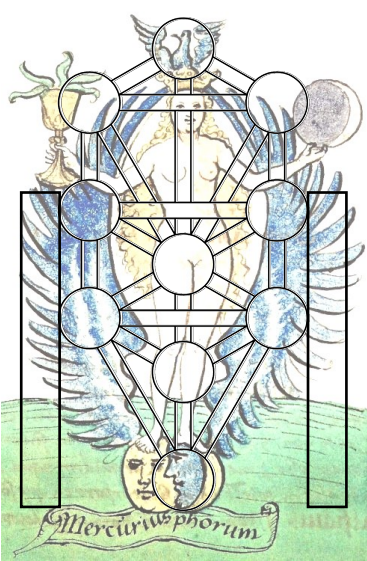
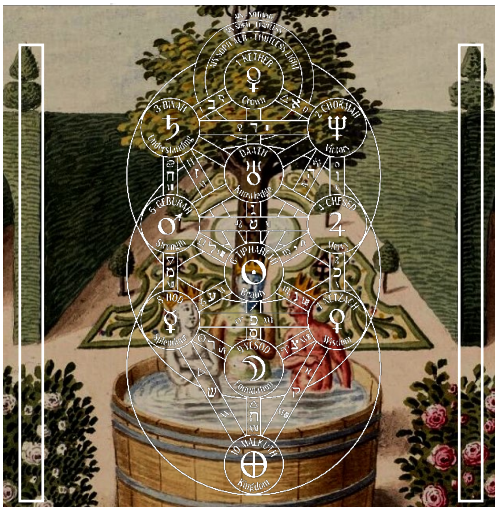
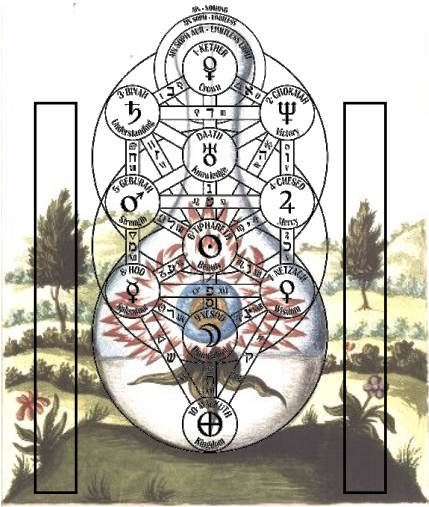
Love: source of human stupidity.

Sentient beings: objects.

Humility: I am humbler than God.

Strengthen ties: get together to criticize a third party.

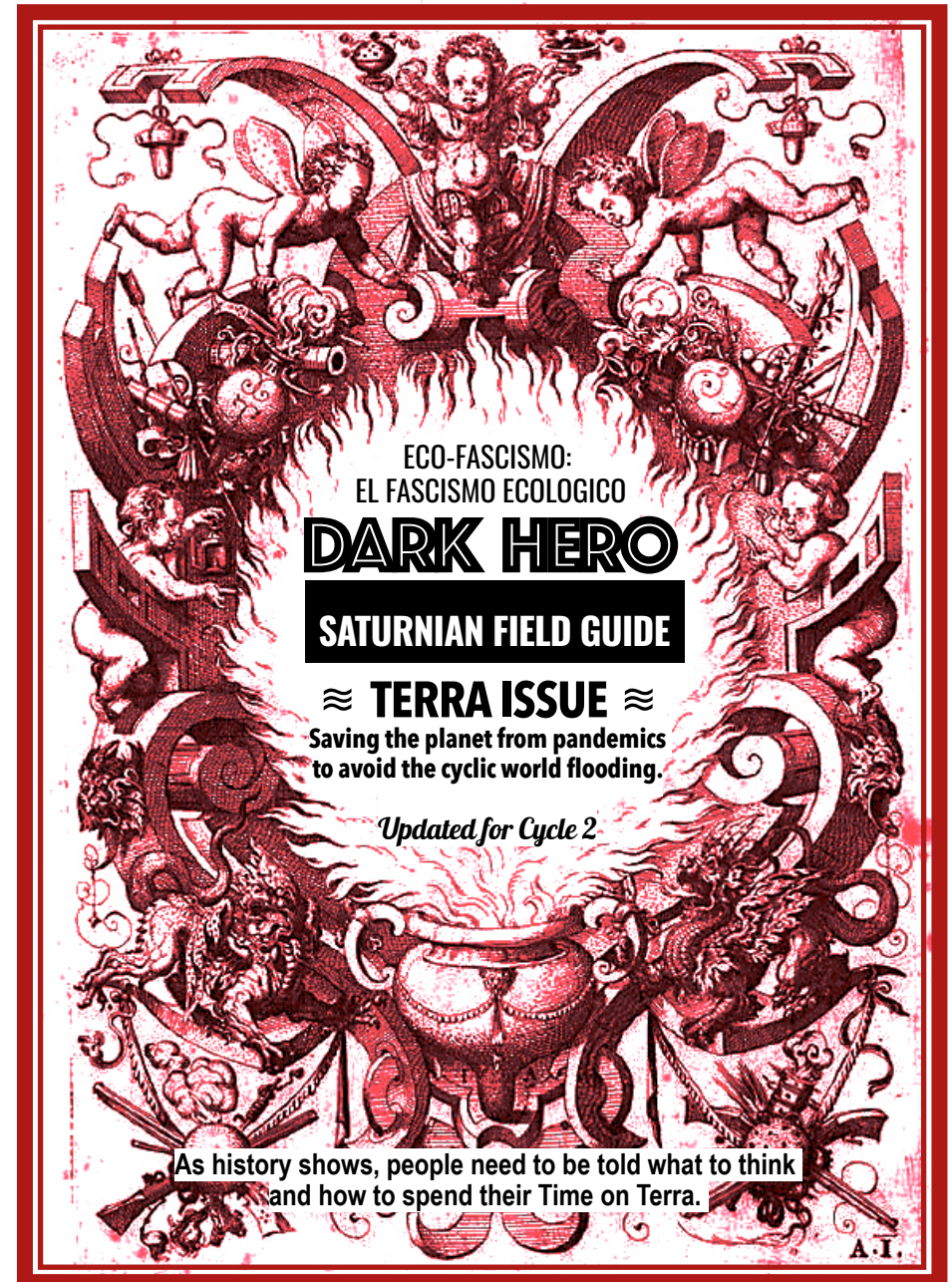
Envy and greed: the engines of capitalism, source of abundance and social welfare.



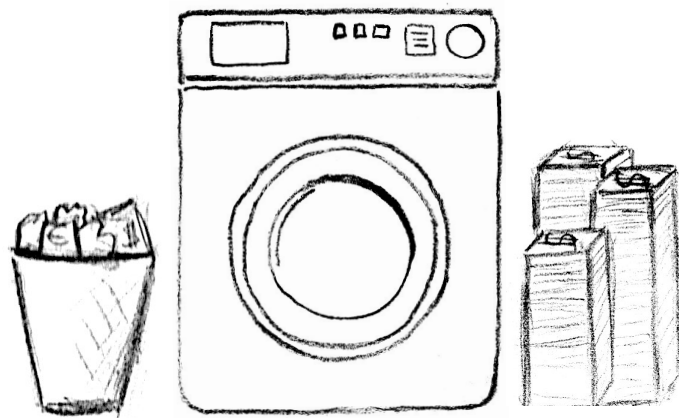


"Water solves all problems.
Do you want to lose weight? Drink water.
Do you want perfect skin? Drink water.
Disobedient children? Drown them."

"The Art of Love" by Egoistic Foremost,
published by The Perverse Narcissistic, at Rome, year 0.

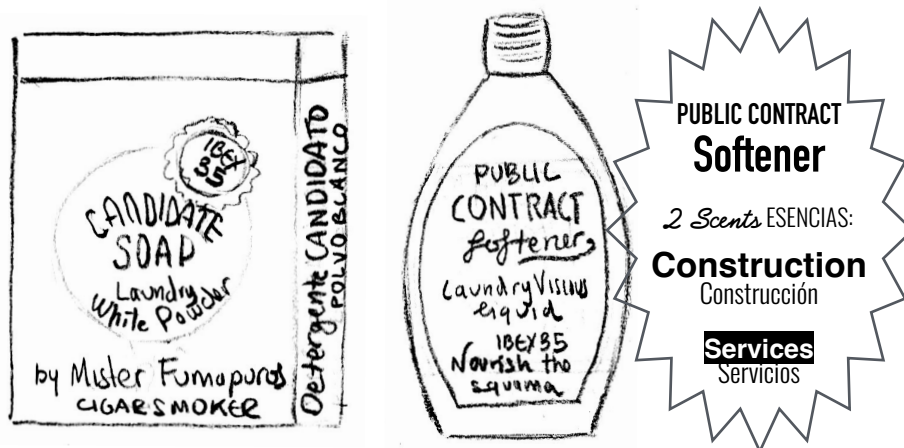


IBEX35
= The Multinational Laundry Shop =
 LA LAVANDERIA DEL EMPRESARIO



PARLIAMENTARY DEMOCRACY

Parliamentary Democracy Or Corporatocracy, It's A Global Laundry Where Dictators Are Rebranded As Ceos, And Mobsters As Serious Business People.



CANDIDATE SOAP

Laundry Powder
 White & Refined
 Blanco Y Refinado

IBEX35
 Multi-Colour your
 Smoke

PUBLIC CONTRACT Softener

Laundry Liquide
 Black & Viscous
 Negro Y Viscoso

IBEX35
 Nourish your squama
 Escamas Hidratadas



REPRESSION

Extra
 Violence For
 Resistant
 Stains

Extra Violencia
 Para Manchas
 Rebeldes

PUBLIC COMMON WEALTH
WATER | AGUA
 Bien Común Público

INSTRUCCIONES DE LAVADO:

Cleaning Instructions

1. Put dirty money in with the "Candidate Soap":

pay for political campaign with black money.

Compra el "Detergente Candidato" con dinero negro.

2. Add Softener:

your company gets public contracts and is above the law.

Añade el Suavizante

3. Keep the nice clean money:

your company will be sued but you are above the law, so whatever.

Tu Dinero limpio y multiplicado, y tu empresa por encima de la ley.

Select Program:

A. QUICK CLEAN:

Bribe politician

Change a law or cancel a claim.

Soborna a político

Cambia una ley o anula una demanda.

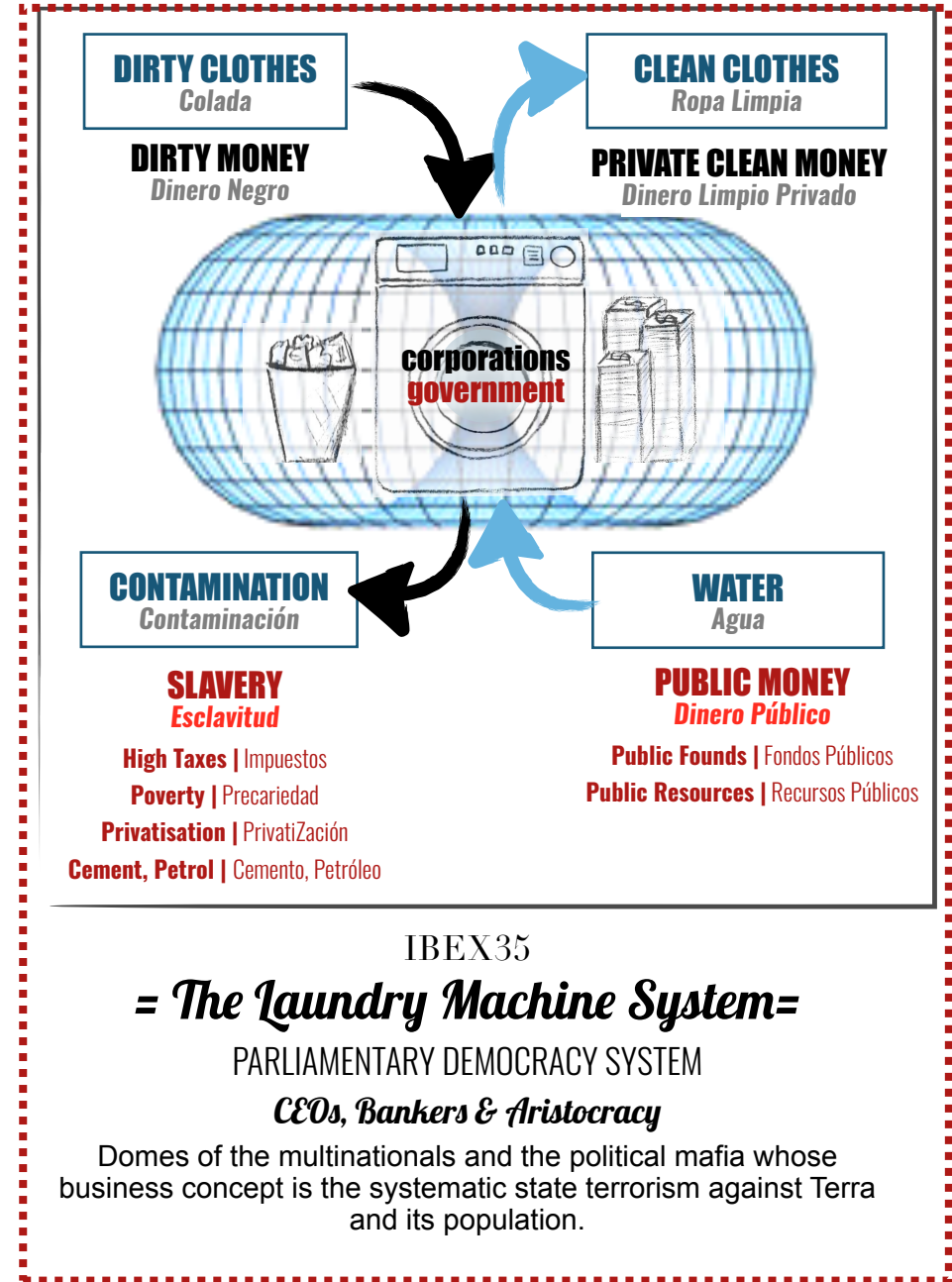
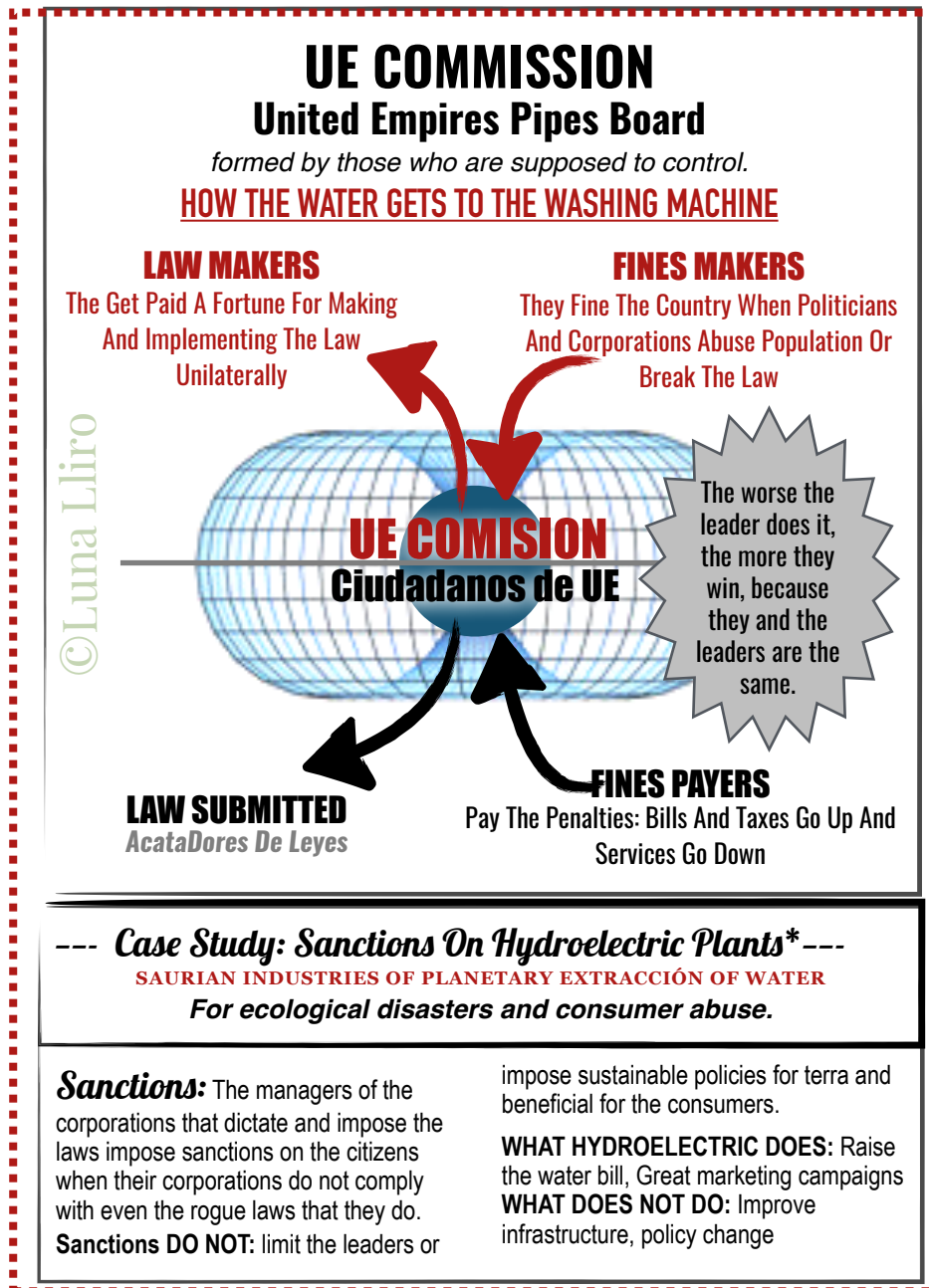
B. LONG TERM CLEAN:

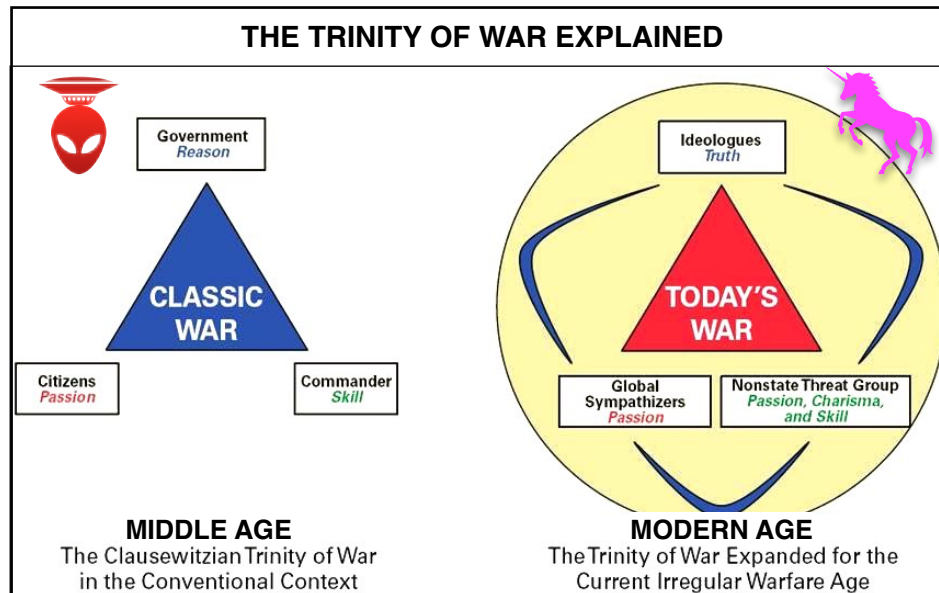
Put your politician.

Make your own laws and annul all claims against you and your companies.

Pon a tu propio político.

Haz tus propias leyes y anula toda demanda contra ti y tus empresas.





Globalization partners:

Global Business War Stories | 7 Situations That You May Face

There's no law against simplifying international expansion.

As the war for talent heats up, businesses are smart to look beyond traditional boundaries and consider the entire world to be their talent pool. The ability to add qualified and passionate people to your team—from any country—can be exciting for your business and your culture.

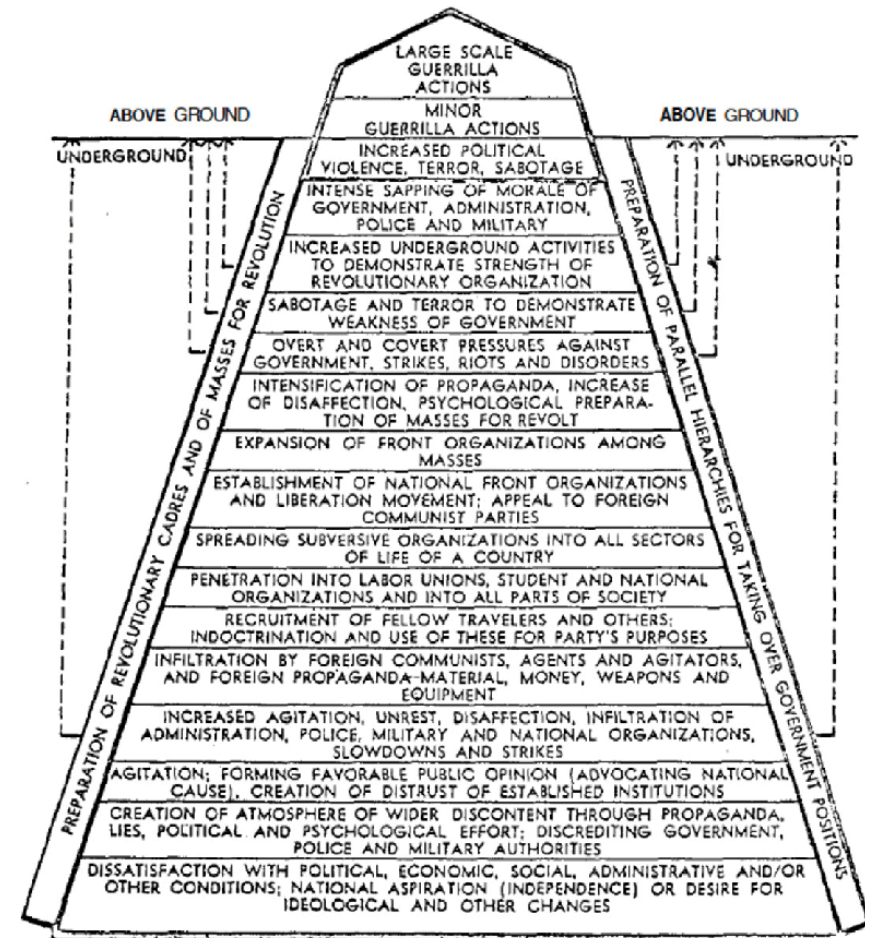
That said, hiring in other countries can also be complicated and risky. And while terminations are a natural part of doing business, outside of the U.S., you should be prepared for some interesting (and often unexpected) costs and battles.

Borders aren't boundaries for your business. Globalization Partners simplifies international business by enabling organizations to quickly expand into new countries without setting up branch offices or subsidiaries. You find the talent, and we put your team member on our locally compliant payroll.

Glossary:

Verbatim Army definition for infiltration:

"A form of manoeuvre in which an attacking force conducts undetected movement through or into an area occupied by enemy forces to occupy a position of advantage in the enemy rear while exposing only small elements to enemy defensive fires." - *Terms and Military Symbols*, ADRP 1-02, 02 February 2015



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- [13] ADRP 1-02, pg. 1-86; JP 1-02, *Department of Defense Dictionary of Military and Associated Terms*, 8 November 2010 (As Amended Through 15 February 2016), pp. 209, 228.
- [14] ATP 3-05.1, *Unconventional Warfare*, C1 25 November 2015 pg. 3-14, 3-69.
- [9] Clausewitz, Carl von., *On War*, Princeton University Press; 1st edition 2008
- [15] Kuhn, Thomas S., *The Structure of Scientific Revolutions*, University of Chicago Press; 3rd



The inhabitants are not victims of their politicians,
Politicians are a reflection of their inhabitants.

